

Body Burn

Three proven agents for weight loss, glucose balance and athletic performance. Stimulant-free (no ephedra or stimulant effects).

An effective supplement that helps individuals burn excess fat, gain lean mass, and overcome the genetic block to fat resistance. Body Burn is Ephedra-free and contains no central nervous system stimulants, making it a safe alternative to other fat burners. Body Burn contains the fat-burning trio of chromium, hydroxycitric acid and catechins (from decaffeinated green tea), at the exact dosages proven to reduce body fat in human clinical studies.

Chromium is known to increase sensitivity of insulin receptors, helping to reduce insulin requirements after meals. In turn, this improves blood sugar regulation and decreases the conversion of carbohydrates into fat, which helps solve a major problem for overweight individuals who typically exhibit insulin resistance. In conjunction with exercise, chromium enhances lean mass gains (elevating resting metabolism and improving body shape) by increasing muscle uptake of amino acids from the bloodstream.

Hydroxycitric acid, derived from the garcinia cambogia fruit, has been shown to block key liver enzymes that convert carbohydrates into fat, forcing higher amounts of glucose to be stored in the liver. This helps shut down appetite (natural appetite suppressant) and provides glycogen loading benefits for athletes.

Catechins, derived from decaffeinated green tea extract, have been shown to promote the release of fat into the bloodstream from fat cells, enabling muscles to burn fat more efficiently during physical activity. Evidence suggests that catechins also speed up the metabolism via thermogenesis within brown fat. Many overweight individuals exhibit a resistance to fat burning, as the fat remains locked in fat cells, even when they exercise. Catechins help burn fat, shrinking fat cells and overcoming the genetic blockade that frustrates many well intended over weight exercise participants.

Body Burn is the perfect supplement to complement diet and exercise recommendations for over weigh individuals, Type 2 diabetics, individuals with metabolic syndrome (pre-diabetics) and athletes. This product can be taken by insulin dependent diabetics, but these cases require blood sugar monitoring since this supplement is likely to produce a requirement for a lower dosage of insulin.



Clinical Applications:

- Weight Reduction and fat loss – 3 to 6 capsule/day (6 Cap. Max.)
- Non insulin-dependent diabetes (glucose intolerance, metabolic syndrome) – 2 to 3 capsules/day
- Insulin-dependent diabetes (insulin requirement may change and requires physician monitoring) – 2-3 capsules/day
- Sports enhancement for lean mass gains and glycogen loading – 2-3 capsules/day

Active Ingredients

Guarcinia Cambogia (50% Hydroxycitric Acid)	1,500 mg
Catechins (from decaffeinated green tea extract)	600 mg
Chromium (chromium hvp/hap chelate)	200 mcg

Amounts for 3 capsules, 90 per bottle

Contraindications & Considerations

Conditions:

- Pregnancy
- Breast Feeding or Lactation
- Kidney Failure (Renal Failure)¹
- Received a transplant of any kind¹
- Diabetic taking insulin¹
- If kidney has been removed¹
- Kidney clearance problem (e.g., a dialysis patient)¹

Medication/Apparatus:

- Insulin¹
- Digitalis¹

¹ Requires approval from specialist/physician