

Ultimate Lean Body Proprietary Blend Weight Loss Ingredients



Green Coffee Bean Extract 50% GCA

In your body, excess glucose is converted to fat then deposited as fatty tissue, which is very hard to get rid of. It has been clinically proven that highly concentrated chlorogenic acid from the green coffee bean blocks excess sugar, preventing its storage as fat, by inhibiting the release of the G6P enzyme. Less glucose enters the bloodstream and metabolism is increased for faster weight loss.



Citrus Aurantium

Commonly referred to as bitter orange, citrus aurantium has been used for thousands of years in Chinese medicine to improve overall health. It contains compounds such as synephrine (often called "ephedra's calmer cousin") that help increase metabolism and burn fat without the side effects associated with ephedra. **WARNING:** Check with your doctor before using this product if you are currently taking an MAOI drug.



Raspberry Ketone

The ketone is the primary aroma compound of red raspberries. As we age our ability to burn fat effectively becomes weakened. Raspberry ketone helps break down fat cells to make them easier to burn by increasing the production levels of adiponectin. This helps regulate metabolism by telling the body how to use calories as fuel. This lowers glucose levels and burns fat.



Siberian Ginseng (Eleutherococcus Senticosus)

According to University of Maryland Medical Center research, Siberian ginseng root has been shown to stimulate the immune system, increase energy, and reduce fatigue. **NOTE:** Only Eleutherococcus Senticosus ginseng contains eleutherosides, the key active ingredient. American (Panax quinquefolius) and Asian (Panax) have very different chemical components, which is why 25% of the Ginseng sold in the U.S. is ineffective.



Irvingia Gabonensis (African Mango)

This extract suppresses the appetite by regulating leptin, the hormone that sends the "I'm full" signal to your brain, a function that is commonly missing in chronic dieters. African mango also works to combat nutrient-blocking toxins in your body and contains a very high level of B vitamins. Both of these functions accelerate metabolism for fast, natural weight loss.



Amur Cork Bark

Cultivated for medical use in China to help with osteoarthritis, obesity, stomach ulcers, diabetes, and more, amur cork bark is best known as a diuretic and cooling herb that stimulates the liver and gall bladder. It has been used traditionally to reduce blood pressure and blood sugar levels.



Garcinia Cambogia 50% HCA (Calcium)

The active ingredient in the rind of the garcinia cambogia fruit is HCA, or Hydroxycitric Acid. In concentrations of 50% or more, HCA can block fat by hindering Citrate Lyase, an enzyme that turns carbs into fat. HCA also naturally increases serotonin, the "feel good" neurotransmitter, helping you to feel full. In turn, this increases a chemical called octopamine, which is responsible for mobilizing fat cells.



Glucomannan (Konjac Root)

The root of the konjac plant produces glucomannan, a sugar that helps weight loss, blood sugar control, and lowering cholesterol by slowing the absorption of glucose and cholesterol from the gut. It also helps relieve constipation by absorbing water to form a bulky fiber.



Capsicum Annuum (Paprika)

The thermogenic properties of capsicum annuum extract, found in chili peppers, help stimulate your metabolism by raising your body's core temperature, which helps burn more calories. Capsicum is widely used to help digestive issues and to improve conditions in the heart and blood vessels.



Green Tea Extract

Extremely high in antioxidants, green tea extract has been shown in studies to fight obesity and lower LDL (bad cholesterol). The catechins (flavonoids) in green tea have been shown to have numerous health benefits, including thermogenic effects that promote weight and fat loss.



Rhodiola Rosea P.E.

This extract may be effective for improving mood and alleviating depression. Initial studies show it improves physical and mental performance and may reduce fatigue. Rhodiola Rosea can also benefit your circulation and respiration systems, and help to maintain high energy levels.



Guarana

The seeds from the Guarana plant contain natural caffeine and are used as a weight loss aid, to enhance athletic performance, as a stimulant, and to reduce mental and physical fatigue. It is a frequent addition to energy and weight loss products.



Cha de Bugre

Extract from this berry increases energy and alertness. It contains naturally occurring Caffeine, potassium, allantoin and allantoic acid. Allantoin and allantoic acid are reported to help reduce body fat and preserve muscle tissue. Tea made from this berry has traditionally been used to help relieve coughs, regulate renal function, and reduce uric acid. Cha de Bugre is used as an appetite suppressant and is also known to be an excellent diuretic.



White Kidney Bean Extract

This extract contains phaseolamin, a compound that has been shown to inhibit the production of alpha-amylase, the enzyme that breaks down starch and turns it into sugar. This, essentially, reduces the glycemic load of high-carb foods, helps control blood sugar, and gives the body less sugar to store as fat.