

Title:

All About Thermogenic Fat Burners

Word Count:

512

Summary:

The term commonly used with fat burning supplements is often thermogenics, which as the name s

Keywords:

thermogenics, fat burner, slimming, fat burning pill, weight loss, diet pill

Article Body:

The term commonly used with fat burning supplements is often thermogenics, which as the name s

Effective thermogenic supplements are those that contain key ingredients that create a fat bur

Alpha Lipoic Acid

- Prevents cellular damage (from free radicals), reduces oxidative stress, lowers blood sugar
- Increases energy levels
- Powerful insulin potentiator

Banana leaf extract

- Balances blood sugar levels
- Transports blood sugar into the cells and aids in controlling carbohydrate cravings

Cayenne

- Raises the body's metabolic rate

Citrus Aurantium

- A highly effective calorie and fat burner
- Helps to burn fat, and does not affect the central nervous system
- Increases energy levels

CLA - Conjugated Linoleic Acid

- An important fatty acid that has been shown to reduce the body's ability to store fat and in

Coleus Forskohlii

- Accelerates the breakdown of existing fat stores
- Promotes healthy cardiovascular function, lowers elevated blood pressure
- Increases levels of cellular messenger cAMP(cyclicadenosine monophosphatpe) that in turn acco

Garcinia Cambogia

- Promotes weight loss and suppresses appetite
- Increases fat oxidation and mobilization
- Promotes glycogen synthesis
- Increases energy levels

Guarana Extract

- When combined with other ingredients it helps to boost their effect
- Has been used for centuries to reduce fatigue and to increase energy levels

Guggul Extract

- Improves thyroid functioning
- Increases fat metabolism

Green Tea Extract

- When combined with the other ingredients it helps to boost their effect to burn fat

- Has been used for centuries to reduce fatigue and to increase energy levels lowers cholesterol

Hoodia

- The Hoodia molecule, christened P57, fools your brain into believing you are full making it
- Pure Hoodia has no known side-effects, it is stimulant free, will not give you the shakes, m

Konjac root

- is high in fiber, essential for cleaning the digestive system.
- it expands to about 50 times its original volume when used with a large glass of water.

Mucana Puriens

- Improves cognitive function, alleviating depression and improving a sense of well being
- Helps to naturally boost healthy amounts of growth hormone, which promotes lean muscle growth

Naringin

- Extends the half-life of all the other fat burning ingredients, thereby supporting and extending

Potassium Pyruvate

- Increases resting metabolic rate
- Facilitates the transport of blood sugar into muscle tissue to increase available energy

Spirulina

- Improves weight loss
- Lowers cholesterol
- Increases energy and boosts mood

White Willow Bark

- The bark of the white willow tree is a source of salicin and other salicylates - compounds
- When combined with the other ingredients it helps to boost their effect to burn fat

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