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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Common Ingredients Found in Fat Burning Supplements**

**By Chester Ku-Lea**

The term commonly used with fat burning supplements is often thermogenics, which as the name suggests, has to do with temperature. These supplements have been shown to help increase the body's temperature enabling the body's ability to burn calories as heat; to be used as energy, thereby preventing them from being stored a fat.

Effective thermogenic supplements are those that contain key ingredients that create a fat burning 'thermogenic' environment by working together and in synergy. Some of these ingredients also aid in reducing appetite and spiking an increase in short-term energy. Such common ingredients are:

**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 increase the body's use of fat for energy.

**Coleus Forskohlii**

## Common Ingredients Found in Fat Burning Supplements

- 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 accelerates the breakdown of existing fat stores

### 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 and triglyceride levels

### Hoodia

- The Hoodia molecule, christened P57, fools your brain into believing you are full making it easier to lose that excess weight.
- Pure Hoodia has no known side-effects, it is stimulant free, will not give you the shakes, make your heart race or raise your body temperature.

### 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, and in turn a faster metabolism

### Naringin

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

## Common Ingredients Found in Fat Burning Supplements

### 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

Chester is a health nutrition consultant and is the owner of

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– a provider

of premium health nutrition and sports supplements.

## **Nutritional Supplement**

**By Rolf Rasmusson**

### **Nutritional Supplement by Rolf Rasmusson**

Nutritional Supplement - what is it?

So what is a nutritional supplement? Nutritional supplement is a product that provides additional sources of nutrients when people don't get enough of them through food or when a well-designed diet doesn't work. Nutritional supplement increases the intake of vitamins, amino acids, minerals, herbs, etc. It gives you the opportunity to achieve the average daily intake of some specific nutrient.

Nutritional Supplement - be careful.

You have to be careful when purchasing some nutritional supplement, since supplements are not required to meet FDA standards. There are many fake supplement products on the market nowadays, so make sure that you consult with your doctor or other health professionals if some type of nutritional supplement is right for you. Also read the label carefully since many ingredients may be harmful for you.

Nutritional Supplement - sports supplements.

## Common Ingredients Found in Fat Burning Supplements

If you are an athlete, you will have access to some types of nutritional supplement or supplements developed specifically for athletes. For example, according to many sport researchers, caffeine supplements claim that caffeine improves athletic performance, increases energy, delays fatigue, improves fat burning, and enhances body fat loss. Protein supplements claim that protein supports muscle growth, increases muscle strength and mass, improves recovery, etc. Creatine supplements claim that creatine improves performance, increases muscle mass, delays fatigue.

If you are an athlete, you need to be careful about using nutritional supplements as there is very little research regarding the safety of some of the supplements. Don't just believe the supplement labels' claims, but instead believe only these facts that have been scientifically proven. Consult with doctors, health professionals, and fitness trainers. Sometimes a well-designed diet is enough to supply your body with everything it needs, so don't turn to supplement right away.

Additional interesting content at [www.nutritional-supplement-4u.com](http://www.nutritional-supplement-4u.com)



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