

Weight Loss Formulas

Learn How to Lose Weight from Ultimate Blueprint Box

Play Video

LIMITED TIME OFFER!

Easy to follow (**14+ hours**) video training in Full HD resolution, more than 145 lectures in 4 GB, that walks you through every step of the Weight Loss Journey, **from A to Z**
(\$125 value)

Easy to follow (**12 juicy eBooks, Tutorials, Manuals, and How-to Guides**) related to Recipes, Top-Health-Tips, Nutrition Tips, Introduction to Pilates and Home Training, Keto diet and more...
(\$65 value)

Additional Resources and **Recommended Supplements**
(\$9 value)



Learn and Work at Your Own Pace with this Program

TOTAL VALUE \$199

This deal may not be here tomorrow!!! [EN](#)

~~Value \$199~~

\$99 One Time

100% Money-Back Guarantee!

We are very serious about this program and want you to be serious too. In addition, we will refund your money 100% if you are not happy with the program within 60 days.



Introducing...

Introduction to Weight Loss Formulas

The natural human instinct is to avoid anything we don't like.

So no matter how long you think you can avoid the foods you love, sooner or later, your cravings win out. I'm sure you've been there before.

So, consistency is your biggest ally when trying to lose weight. And you can only be consistent when you have the Pleasure, Ease, Affordability, and Results.

We have great news for you!!!

We are very happy to present you Weight Loss Formulas Blueprint.



We cracked Weight Loss Formulas in this easy-to-follow brand new program.

You might think the first 2 weeks will be difficult for you due to the reduction of intake of daily calories.

But the way this blueprint works will be set up to make the transition easier.

How It All Started?

Hi everyone. I began my weight loss journey in June 2021 at 163 lbs. I took this product, find the perfect formula for me and that changed my life.

I did daily exercises one hour a day, walking 10K steps a day. Also, I ate meals as per the meal plans provided in this blueprint. Combined with extra supplements.

I lost 33 lbs by October and slimmed down as you can see. Losing the extra weight, I can move around better, be more flexible, stopped snoring. My blood pressure went back to normal.

I am feeling great, I look better, my clothes fit better. Went from size 10 to size 6. Best thing I

have done for myself and my esteem and health. Cost thousands less than liposuction.

I learned to pay attention to every aspect of this program.

And now I am always choosing the healthier and less caloric ones. There are some easy replacements out there.

I also learned how to track my daily activities and how to analyze collected data.



Mixing different types of weight loss techniques

Not only that. I continue by mixing different types of weight loss techniques for even better results.

So, I changed my culture, improved my health, I am looking younger now, with better self-esteem. And now I am helping others to succeed.

This Ultimate Weight Loss Blueprint has 15 Modules in 14+ Hours of video training. He walks you through different types of weight loss techniques. You will also find juicy eBooks, training manuals, and recommendations for scientifically-proven supplements.



Instantly boost your health, energy, and well-being at the same time!

There's never been anything even close to this product ever attempted:

- 1. As for myself, my team, my entire family...**
- 2. While increasing your health, vitality, and well-being.**
- 3. Nothing that comes close to Weight Loss Formulas has ever been attempted.**
- 4. As for me, my staff, and my entire family...**
- 5. Thousands of ordinary women and men can witness this...**
- 6. Energizing your metabolism...**
- 7. Using a flame to burn fat from troublesome areas...**
- 8. Having amazing all-day energy...**
- 9. Hunger reduction...**
- 10. As well as boosting your health...**
- 11. It doesn't get much simpler, easier, or more automated than this...**



This deal may not be here

[EN](#)

tomorrow!!!
~~Value \$199~~
\$99 One Time

100% Money-Back Guarantee!

We are very serious about this program and want you to be serious too. In addition, we will refund your money 100% if you are not happy with the program within 60 days.



Module 1 – 60 minutes

Joint Health

- 1. Joint Health Introduction**
- 2. The Importance of Joint Health**
- 3. A Look at Common Joint Problems**
- 4. Exercise Your Joints**
- 5. Balance Your Diet**
- 6. Watch Your Weight**
- 7. Home Remedies to promote healthy joint**
- 8. Best Supplements For Joint Health**
- 9. Other options to promote healthy joints**
- 10. Joint Health Conclusion**

Module 2 – 85 minutes

Fat Burn Secrets Pro

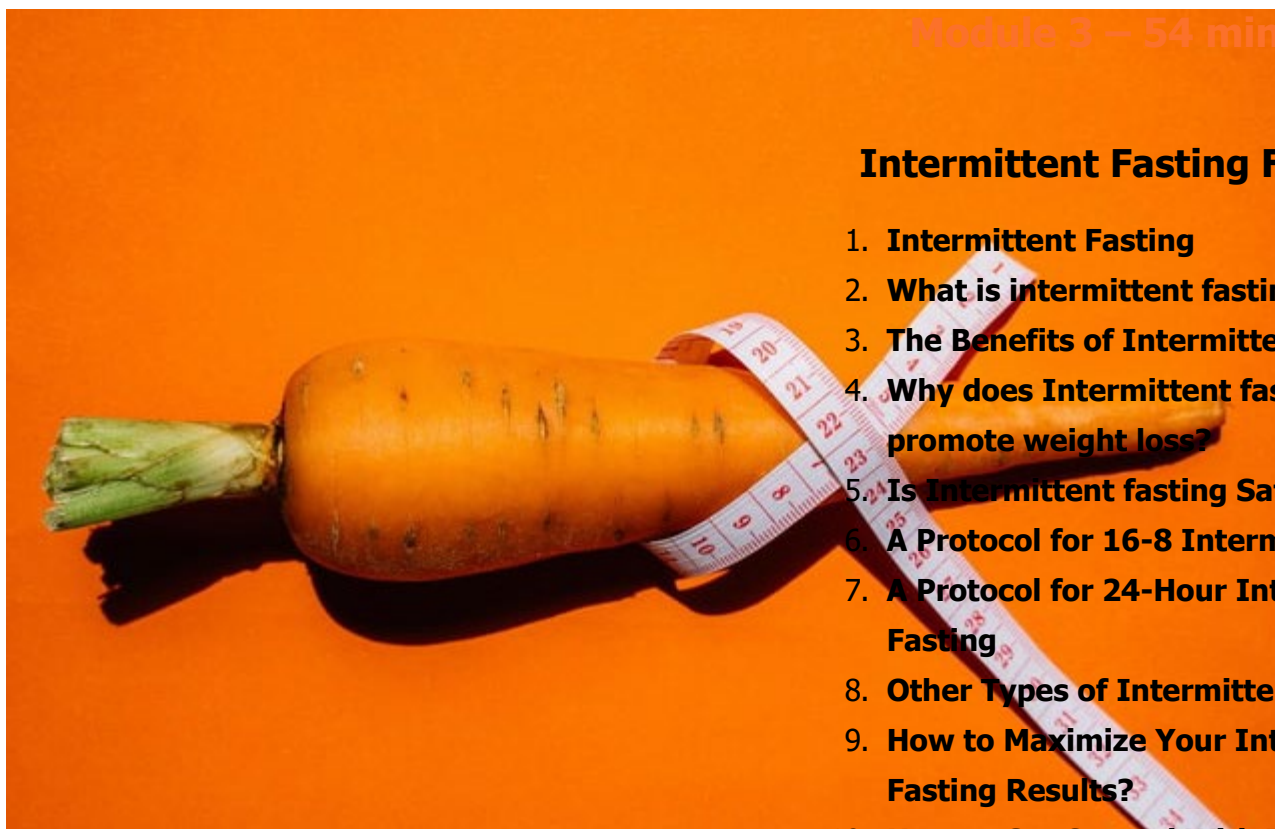
- 1. Why are you Fat?**
- 2. Fat Burn Mantra**
- 3. Easy Fat Killer Technique**
- 4. Yo-yo Effect**
- 5. Easy Yoga Practice**
- 6. List Of Fat-pumping Foods To Avoid**
- 7. Fat Burn Supplement & Detox Plan**
- 8. How To Get Rid Of Love Handles?**



Module 3 – 54 minutes

Intermittent Fasting Formula

- 1. Intermittent Fasting**
- 2. What is intermittent fasting?**
- 3. The Benefits of Intermittent fasting**
- 4. Why does Intermittent fasting help to promote weight loss?**
- 5. Is Intermittent fasting Safe?**
- 6. A Protocol for 16-8 Intermittent Fasting**
- 7. A Protocol for 24-Hour Intermittent Fasting**
- 8. Other Types of Intermittent Fasting**
- 9. How to Maximize Your Intermittent Fasting Results?**
- 10. How to Get Started With Intermittent Fasting**
- Addressing Common Questions?**
- 11. Intermittent Fasting Conclusion**



Module 4 – 36 minutes

TLC Diet Transformation

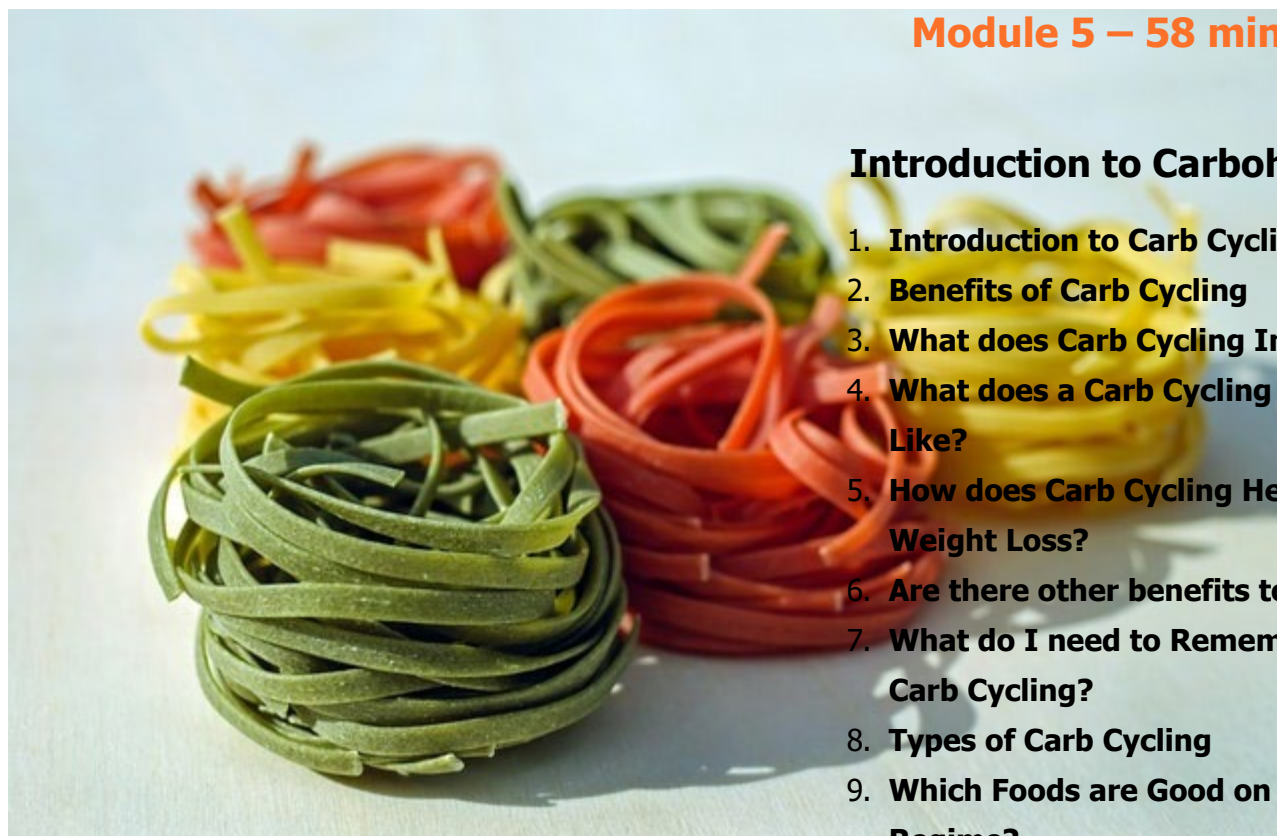
1. **TLC Diet Transformation Introduction**
2. **What Exactly is the TLC Diet?**
3. **All About Cholesterol**
4. **Major TLC Diet Benefits**
5. **TLC Nutrition Overview**
6. **Sample Meal Options**
7. **Smart Choices, Eating Out**
8. **Getting Active**
9. **TLC Diet Conclusion**



Module 5 – 58 minutes

Introduction to Carbohydrates

1. **Introduction to Carb Cycling**
2. **Benefits of Carb Cycling**
3. **What does Carb Cycling Involve?**
4. **What does a Carb Cycling Diet Look Like?**
5. **How does Carb Cycling Help With Weight Loss?**
6. **Are there other benefits to Carb Cycling?**
7. **What do I need to Remember about Carb Cycling?**
8. **Types of Carb Cycling**
9. **Which Foods are Good on a Carb Cycling Regime?**
10. **Sample Carb Cycling Programs**
11. **How do I get Started with Carb Cycling?**



Module 6 – 74 minutes

Gluten-free lifestyle

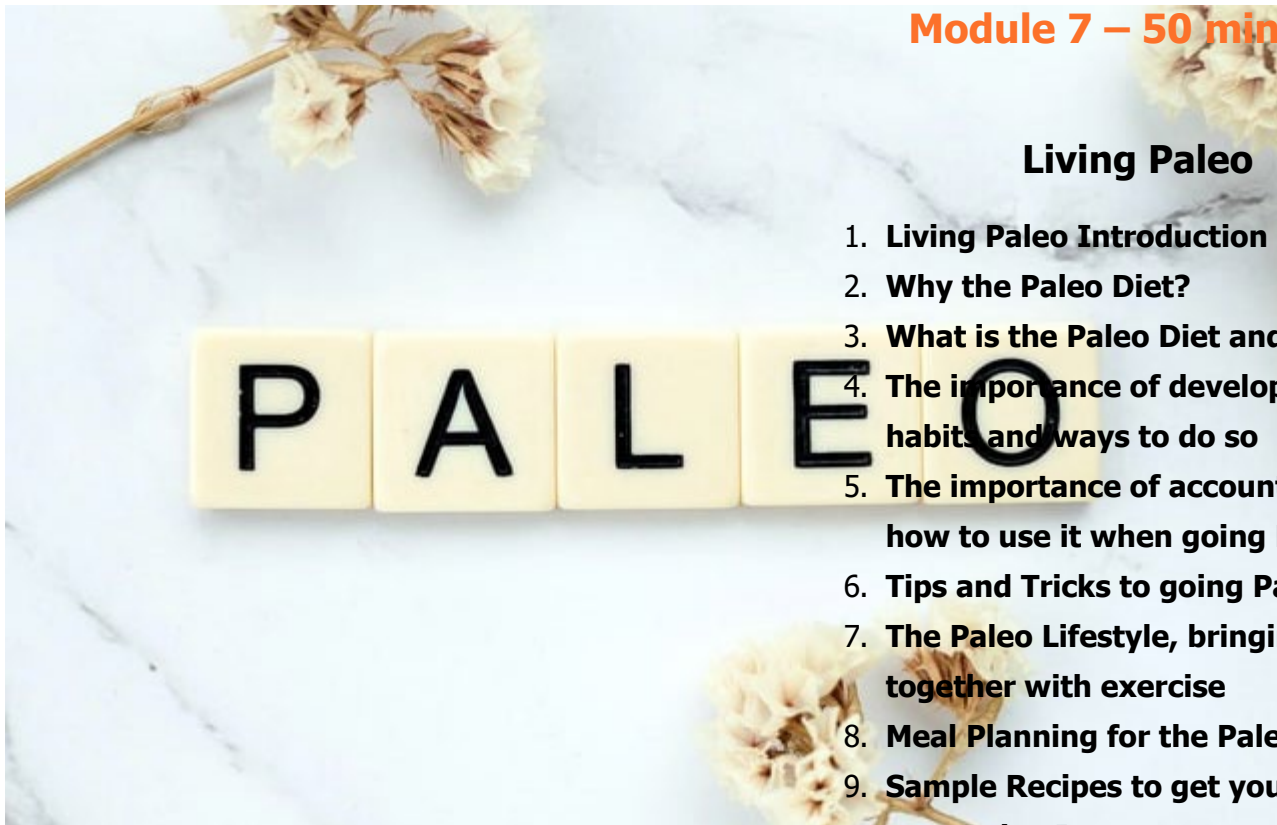
1. **Gluten-free lifestyle Introduction**
2. **Wheat and Celiac Disease – The Downside of Gluten**
3. **Shopping Gluten-Free**
4. **Getting Started with the Gluten-Free Life**
5. **Dining Out and Being Social**
6. **Avoiding the Pitfalls of Gluten-Free**
7. **Emotional Obstacles to Having Celiac Disease**
Gluten, ADHD, and Autism
8. **Adapting Your Diet to Gluten-Free**
9. **Gluten-free lifestyle Conclusion**



Module 7 – 50 minutes

Living Paleo

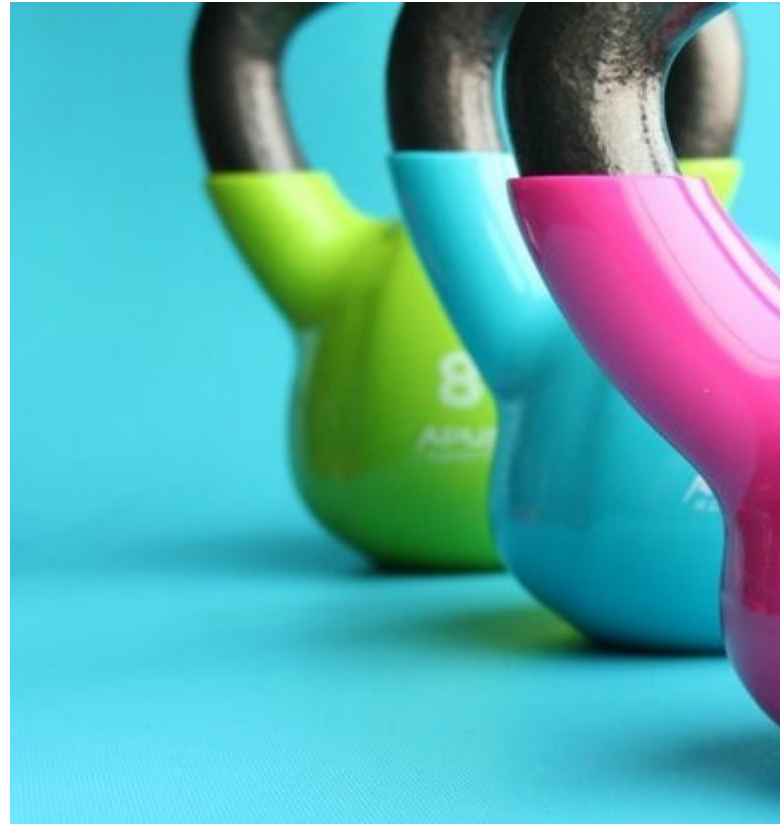
1. **Living Paleo Introduction**
2. **Why the Paleo Diet?**
3. **What is the Paleo Diet and does it work?**
4. **The importance of developing healthy habits and ways to do so**
5. **The importance of accountability and how to use it when going Paleo**
6. **Tips and Tricks to going Paleo**
7. **The Paleo Lifestyle, bringing it all together with exercise**
8. **Meal Planning for the Paleo Diet**
9. **Sample Recipes to get you started on your Paleo Journey**



Module 8 – 60 minutes

Introduction to Kettlebell

1. **Introduction Kettlebell**
2. **How to Choose a Kettlebell?**
3. **The Benefits of Kettlebell Training**
4. **The Kettlebell Mistakes**
5. **Remedies to Common Mistakes during Kettlebell exercises**
6. **Ways to use Kettlebells**
7. **Kettlebell Workouts for Beginners**
8. **Beginners, Intermediate and Advanced Level Kettlebell Workout Plan**
9. **Tips and Tricks to use when Performing Kettlebell Workouts**
10. **Kettlebell Conclusion**



Module 9 – 35 minutes

Easy Keto

1. **3 Benefits of Going Keto**
2. **3 Best Foods for Keto Diets**
3. **3 Easy Ways to Start Eating Keto Today**
4. **3 Keto Myths to Stop Believing Today**
5. **4 Reasons to Go, Keto, Now**
6. **5 Foods to Avoid on Keto**
7. **An Easy Way to Lose Weight Without Thinking About It**
8. **Keto A Safe Alternative to Fasting**
9. **Keto and Intermittent Fasting Fast and Easy Results**
10. **Ketosis Made Easy**



Module 10 – 55 minutes

The Bulletproof Keto Diet

1. **The Bulletproof Keto Diet Introduction**
2. **How does Weight Loss Normally Work?**
3. **The Standard American Diet and Why You Can't Lose Weight?**
4. **The Keto Alternative?**
5. **Keep This in Mind Before You Start Your Keto Diet**
6. **Keto Diet Step Number 1, Displace, Do Not Replace**
7. **Keto Diet Meal Plan Strategies That Work**
8. **Wind Down on Carbs**
9. **Turbocharge Your Keto Lifestyle Results With These Following Tweaks**
10. **Take Things To The Next Level With This Modification**
11. **The Bullet proof Keto Diet Conclusion**



Module 11 – 37 minutes

Future of fitness

1. **Future of fitness Intro**
2. **What is Wearable Tech and Should I Use It?**
3. **The History of the Wearable Device**
4. **Different Types Of Wearable Technology and are they safe**
5. **The Benefits of wearing technology over not wearing it**
6. **Things to Consider Before Investing**
7. **Comparing Wearable Tech and Smartphone Apps**



8. **Avoiding Common Beginner Mistakes with Wearable Tech**
9. **Making Wearable Tech Part Of Everyday Life**
10. **Future of fitness Conclusion**

Module 12 – 42 minutes

Fit In 15

1. **Fit in 15 Introduction**
2. **The Real Truth About Fat Loss**
3. **Lift for a Lean Body**
4. **Finally, Diet**
5. **Flexible Dieting and Nutrition Plan**
6. **The Workout Plan**
7. **Supplements that Work**
8. **You Made It This Far, Now What**



Module 13 – 65 minutes

Fitness Tracking

1. **What Is Tracking**
2. **Top Fitness Trackers and Apps**
3. **More Ways To Track Your Fitness**
4. **More Cool Fitness Tracking Devices**
5. **Using Apps & Trackers To Fix Your Diet**
6. **How To Change Your Calories Without The Headache?**
7. **How To Get The Most Out Of Fitness Tracking For Training?**
8. **Fitness Tracking For Runs**
9. **The Dark Side Of Fitness Tracking**
10. **5 Tips For Better Fitness Tracking**

Module 14 – 35 minutes

Peak Pilates

1. **Peak Pilates Intro**
2. **Discover How Activity Promotes Longevity**
3. **The History of Pilates**
4. **What Exactly Is Pilates, Should I be Doing it?**
5. **The Benefits of Pilates**
6. **Steps Before Beginning Pilates**
7. **What To Expect In A First Session?**
8. **4 fantastic Pilates Moves To Do**
9. **Avoiding Common Pitfalls**
10. **Making Pilates Part Of Your Lifestyle**
11. **Taking Things Up A Notch**
12. **Peak Pilates Conclusion**





Module 15 – 66 minutes

Total Body Weight Transformation

1. Introduction
2. Why did your old workouts fail?
3. The SSE Workout Super Simple and Effective
4. How to Build BIG Muscle with Bodyweight Training?
5. Making Sense of the science
6. Burning fat with bodyweight training
7. Burn fat, build strength, and improve your health
8. The sticking point, Biceps
9. A glossary of exercises
10. Conclusion

BONUS Module 16 – 68 minutes

What is Meticore?

1. The Best fat burning weight loss supplement Meticore
2. Review From A Customer MUST WATCH
3. Another Meticore Review From A Customer



What You Receive When You Enroll Now:

Easy to follow (14+ hours) video training in Full HD resolution, more than 145 lectures in 4 GB, that walks you through every step of the Weight Loss Journey, from A to Z
(\$125 value)

Easy to follow (12 juicy eBooks, Tutorials, Manuals, and How-to Guides) related to Recipes, Top-Health-Tips, Nutrition Tips, Introduction to Pilates and Home Training, Keto diet and more...
(\$65 value)

Additional Resources and Recommended Supplements
(\$9 value)

Learn and Work at Your Own Pace with this Program

TOTAL VALUE \$199

This deal may not be here tomorrow!!!

~~Value \$199~~

\$99 One Time

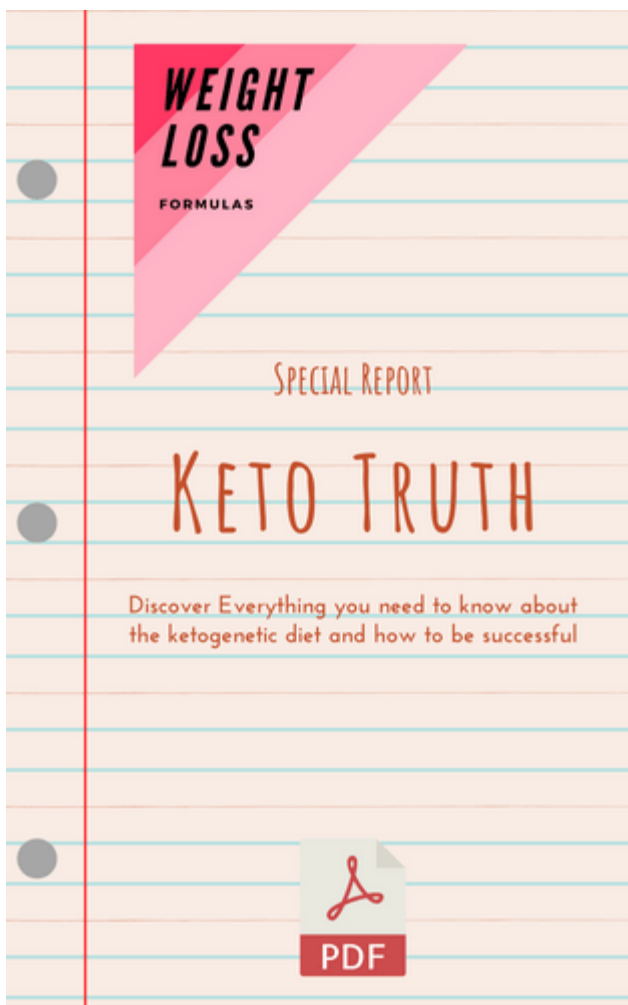
This is dramatically different from anything you've ever seen. This is because it's more of a "field guide" for massive success than a traditional "online course".

If you order today, I have great news!



[EN](#)

*SPECIAL BONUS




WEIGHT LOSS
FORMULAS

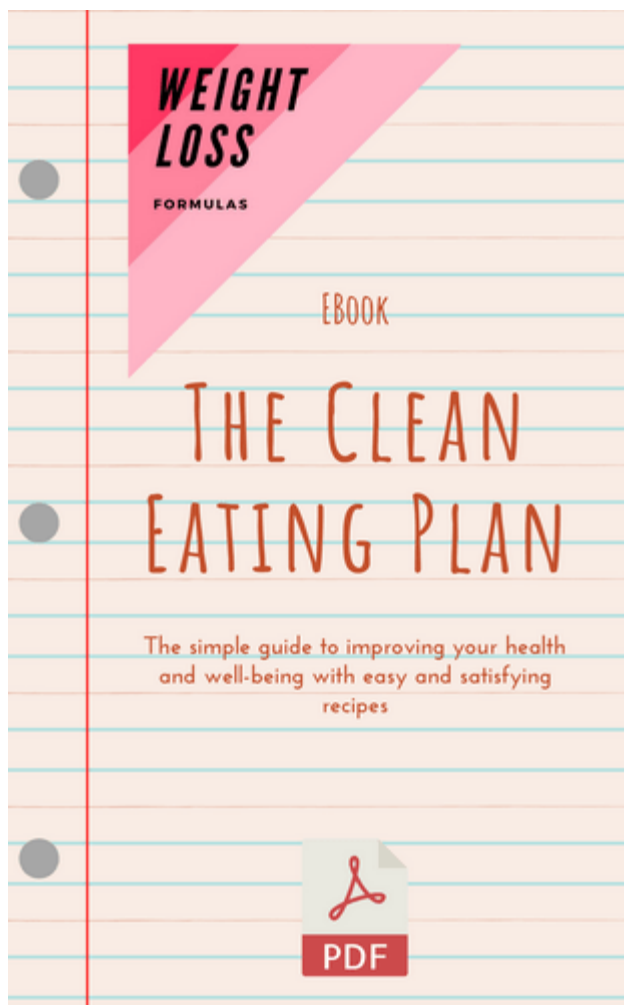
SPECIAL REPORT

KETO TRUTH

Discover Everything you need to know about the ketogenic diet and how to be successful



PDF




WEIGHT LOSS
FORMULAS

EBOOK

THE CLEAN EATING PLAN

The simple guide to improving your health and well-being with easy and satisfying recipes



PDF



WEIGHT LOSS
FORMULAS

EBOOK

FAST AND STRATEGIC

Fast and Strategic




PDF

WEIGHT LOSS
FORMULAS

EBOOK

1 PERCENT BETTER

How Small and Simple Actions Every Day Lead to Big Results



PDF


This book cover features a pink diagonal banner at the top left with the text 'WEIGHT LOSS FORMULAS'. Below the banner, the word 'EBOOK' is centered. The title '1 PERCENT BETTER' is written in a large, brown, hand-drawn font. Underneath the title, the subtitle 'How Small and Simple Actions Every Day Lead to Big Results' is written in a smaller, brown font. At the bottom center, there is a red and white PDF icon with the word 'PDF' in white on a red background.

WEIGHT LOSS
FORMULAS

SPECIAL REPORT

HOME WORKOUTS

How to set up effective home-based workouts without spending thousands on equipment!



PDF


This book cover features a pink diagonal banner at the top left with the text 'WEIGHT LOSS FORMULAS'. Below the banner, the words 'SPECIAL REPORT' are centered. The title 'HOME WORKOUTS' is written in a large, brown, hand-drawn font. Underneath the title, the subtitle 'How to set up effective home-based workouts without spending thousands on equipment!' is written in a smaller, brown font. At the bottom center, there is a red and white PDF icon with the word 'PDF' in white on a red background.

WEIGHT LOSS
FORMULAS

SPECIAL REPORT

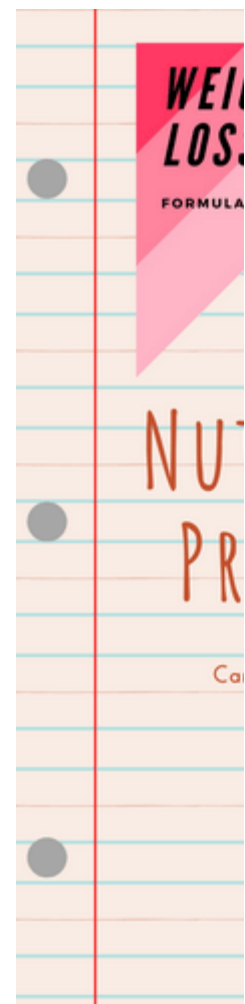
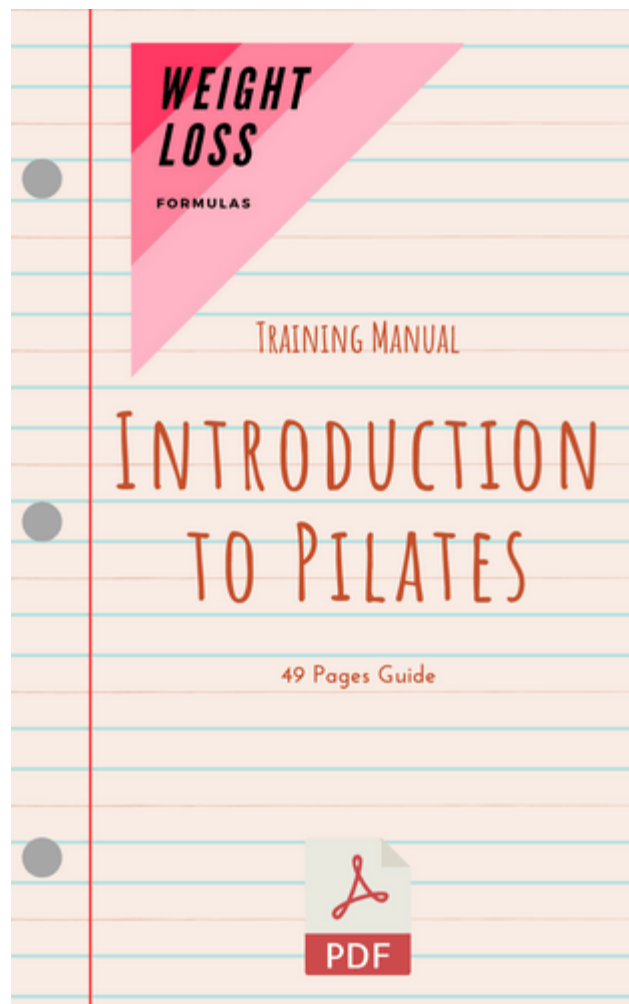
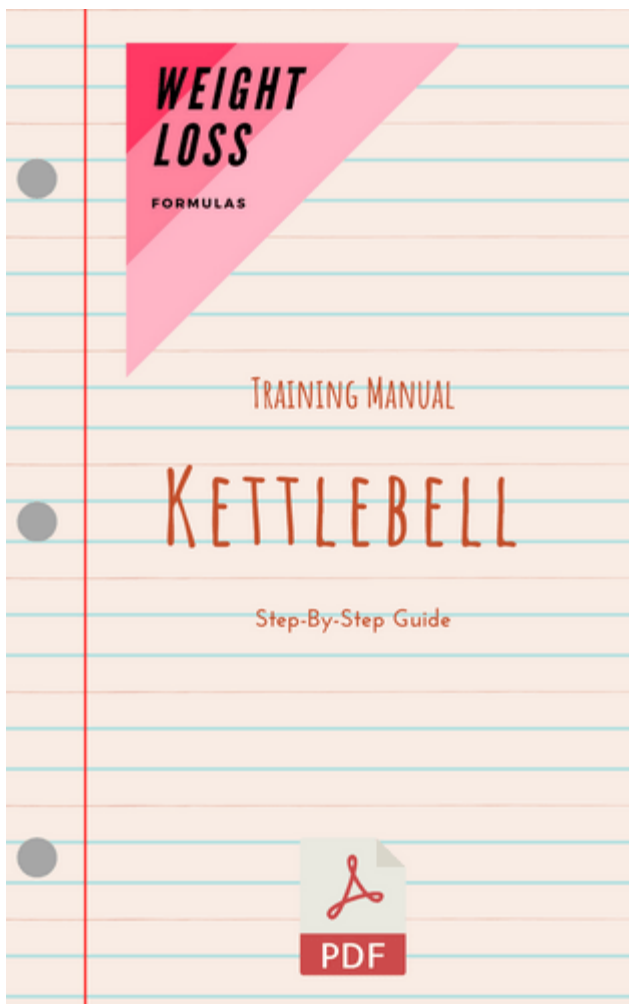
T...

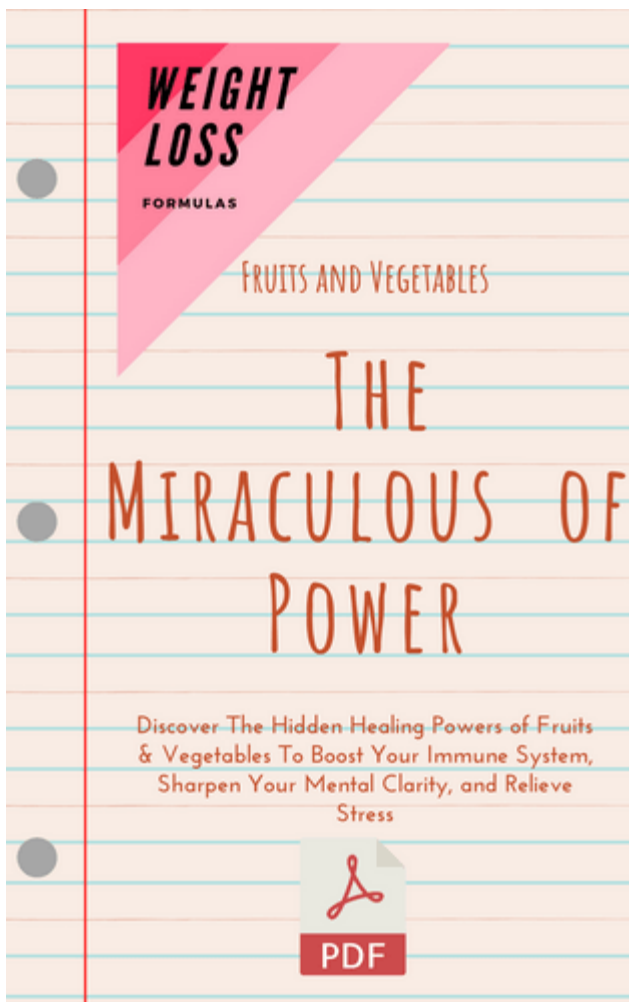
Special
T...



PDF

This is a partial view of a book cover on the right side of the image. It features a pink diagonal banner at the top left with the text 'WEIGHT LOSS FORMULAS'. Below the banner, the words 'SPECIAL REPORT' are centered. The title 'T...' is written in a large, brown, hand-drawn font. Underneath the title, the subtitle 'Special T...' is written in a smaller, brown font. At the bottom center, there is a red and white PDF icon with the word 'PDF' in white on a red background.





100% Money-Back Guarantee!

We are very serious about this program and want you to be serious too. In addition, we will refund your money 100% if you are not happy with the program within 60 days.



This deal may not be here tomorrow!!!

Value ~~\$199~~

[EN](#)

\$99 One Time

Requirements and target students:

Did you know...

A 2
wa

Les
dat

Th

In conclusion, the benefits of Weight Loss Formulas Blueprint:

1. Learn the science, habits, strategies to lose weight in a healthy manner and keep it off permanently,
2. Understand the fundamentals of weight loss,
3. Build key weight loss habits,
4. Simultaneously build lean muscle and optimize health,
5. Identify the most common weight loss myths and mistakes,
6. Understand the fundamentals of weight loss (calories, protein, carbs, fat & more),
7. Learn how much you should eat for optimal fat loss,
8. Avoid weight-loss scams and useless supplements,
9. Create a diet plan that is perfect for your needs and lifestyle,
10. Develop healthy eating habits,
11. Stay motivated for long-term results,
12. Lose weight and keep it off permanently...

The internet is full of false health gurus. He sells you all kinds of diet plans and overprices supplements that don't work.

[EN](#)

This Blueprint not only debunks the most common weight loss myths. He also teaches you everything you need to know to lose weight. And get your dream body and live a healthier life.

Remember, This deal may not be here tomorrow!!! Enroll now and start

building your perfect health today!

† Statements on this website have not been evaluated by the Food and Drug Administration. Products are not intended to cure or prevent any disease. If you are pregnant, nursing, taking medication, or have a medical condition, consult your doctor before using our products.

Scientific References

1. Adeva-Andany, María M et al. "Significance of L-carnitine for human health." *IUBMB life* vol. 69,8 (2017): 578-594. doi:10.1002/iub.321
2. Askarpour, Moein et al. "Beneficial effects of L-carnitine supplementation for weight management in overweight and obese individuals: a systematic review and dose-response meta-analysis of randomized controlled trials." *Pharmacological research* vol. 151 (2019): 104554. doi:10.1016/j.phrs.2019.104554
3. Baba, Yoshitake et al. "Effects of L-Theanine on Cognitive Function in Middle-Aged and Older Subjects: A Randomized Controlled Trial." *Journal of medicinal food* vol. 24,4 (2021): 333-341. doi:10.1089/jmf.2020.4803
4. Broadhurst, C Leigh, and Philip Domenico. "Clinical studies on chromium picolinate supplementation in diabetes mellitus." *Diabetes technology & therapeutics* vol. 8,6 (2006): 677-87. doi:10.1089/dia.2006.8.677
5. Center, Sharon A et al. "Influence of dietary supplementation with (L)-carnitine on metabolic rate, fatty acid oxidation, and weight loss in overweight cats." *American journal of veterinary research* vol. 73,7 (2012): 1002-15. doi:10.2460/ajvr.73.7.1002
6. Cha, Y S et al. "Effects of carnitine coingested caffeine on carnitine metabolism and endurance capacity in athletes." *Journal of nutrition and vitaminology* vol. 47,6 (2001): 378-84. doi:10.3177/jnsv.47.378
7. Cho, Ae-Sim et al. "Chlorogenic acid exhibits anti-obesity property and improves lipid metabolism in high-fat diet-induced obese mice." *Chemical toxicology : an international journal published for the British Industrial Biological Research Association* vol. 48,3 (2011): 173-81. doi:10.1016/j.fct.2010.01.003
8. Di Pierro, Francisco et al. "Greenselect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial." *Journal of clinical therapeutics* vol. 14,2 (2009): 154-60.
9. Dulloo, A G et al. "Efficacy of a green tea extract rich in catechin polyphenols and caffeine in increasing 24-h energy expenditure in humans." *The American journal of clinical nutrition* vol. 70,6 (1999): 1040-5. doi:10.1093/ajcn/70.6.1040
10. Dulloo, A G et al. "Green tea and thermogenesis: interactions between catechin-polyphenols, caffeine and sympathetic nervous system activation." *Journal of obesity and related metabolic disorders : journal of the International Association for the Study of Obesity* vol. 24,2 (2010): 101-10. doi:10.1038/sj.ljo.0801101
11. Gilardini, Luisa et al. "Effects of Greenselect Phytosome® on weight maintenance after weight loss in obese women: a placebo-controlled study." *BMC complementary and alternative medicine* vol. 16 233. 22 Jul. 2016. doi:10.1186/s12906-016-0616-0
12. Gosselin, Chantal, and François Haman. "Effects of green tea extracts on non-shivering thermogenesis during mild cold exposure." *The British journal of nutrition* vol. 110,2 (2013): 282-8. doi:10.1017/S0007114512005089
13. Haskell, Crystal F et al. "The effects of L-theanine, caffeine and their combination on cognition and mood." *Biological psychology* vol. 113 (2015): 102-11. doi:10.1016/j.biopsycho.2015.09.008

14. Katada, Shun et al. "Effects of Chlorogenic Acid-Enriched and Hydroxyhydroquinone-Reduced Coffee on Postprandial Antioxidative Capacity in Healthy Men: A Randomized, Double-Blind, Placebo-Controlled, Crossover Trial." *Nutrients* vol. 10,12 (2018): 2046-2057. doi:10.3390/nu10040525
15. Koozehchian, Majid S et al. "Effects of nine weeks L-Carnitine supplementation on exercise performance, anaerobic power, and exercise-induced oxidative stress in resistance-trained males." *Journal of exercise nutrition & biochemistry* vol. 22,4 (2018): 204-210. doi:10.20463/jenb.2018.0026
16. Ludwig, Izhar A et al. "Coffee: biochemistry and potential impact on health." *Food & function* vol. 5,8 (2014): 1695-717. doi:10.1039/c3fo00163a
17. Madsen, Karen Lindhardt et al. "L-Carnitine Improves Skeletal Muscle Fat Oxidation in Primary Carnitine Deficiency." *Endocrinology and metabolism* vol. 103,12 (2018): 4580-4588. doi:10.1210/jc.2018-00953
18. Meng S, Cao J, Feng Q, Peng J, Hu Y. Roles of chlorogenic Acid on regulating glucose and lipids metabolism: a review. *Alternat Med*. 2013;2013:801457. doi:10.1155/2013/801457
19. Naveed M, Hejazi V, Abbas M, Kamboh AA, Khan GJ, Shumzaid M, Ahmad F, Babazadeh D, FangFang X, Modarresi-Gh Z. Chlorogenic acid (CGA): A pharmacological review and call for further research. *Biomed Pharmacother*. 2018 Jan;97:6-11. doi:10.1016/j.biopha.2017.10.064. Epub 2017 Nov 6.
20. Nieber, Karen. "The Impact of Coffee on Health." *Planta medica* vol. 83,16 (2017): 1256-1263. doi:10.1055/s-0043-1150115
21. Nussbaumerova, Barbora et al. "Chromium Supplementation Reduces Resting Heart Rate in Patients with Metabolic Syndrome." *Biological trace element research* vol. 183,2 (2018): 192-199. doi:10.1007/s12011-017-1128-6
22. Paiva, Ana N et al. "Beneficial effects of oral chromium picolinate supplementation on glycemic control in patients with type 2 diabetes: a randomized clinical study." *Journal of trace elements in medicine and biology : organ of the Society for Minerals and Trace Elements* vol. 30,1 (2016): 66-72. doi:10.1016/j.jtemb.2015.05.006
23. Park, Sang-Ki et al. "A combination of green tea extract and l-theanine improves memory and attention in subjects with cognitive impairment: a double-blind placebo-controlled study." *Journal of medicinal food* vol. 14,4 (2011): 334-43. doi:10.1089/jmf.2010.0197
24. Patti, Angelo Maria et al. "Effect of a Natural Supplement Containing Curcuma Longa, Guggul, and Chlorogenic Acid in Patients with Metabolic Syndrome." *Angiology* vol. 66,9 (2015): 856-61. doi:10.1177/0003319714568792
25. Racek, Jaroslav et al. "Influence of chromium-enriched yeast on blood glucose and insulin variables, blood lipids, and body weight in subjects with type 2 diabetes mellitus." *Biological trace element research* vol. 109,3 (2006): 215-30. doi:10.1385/BTER:109:3:215
26. Santana-Gálvez J, Cisneros-Zevallos L, Jacobo-Velázquez DA. Chlorogenic Acid: Recent Advances on Its Dual Role as a Nutraceutical against Metabolic Syndrome. *Molecules*. 2017 Feb 26;22(3):358. doi: 10.3390/molecules22030358. PMID: 28166146. PMC6155416.
27. Sharma, Shilpi et al. "Beneficial effect of chromium supplementation on glucose, HbA1C and lipid variables in individual with type-2 diabetes." *Journal of trace elements in medicine and biology : organ of the Society for Minerals and Trace Elements (GMB)* vol. 25,3 (2011): 203-207. doi:10.1016/j.jtemb.2011.03.003
28. Shixian, Q et al. "Green tea extract thermogenesis-induced weight loss by epigallocatechin gallate inhibition of catecholamine release." *Journal of medicinal food* vol. 9,4 (2006): 451-8. doi:10.1089/jmf.2006.9.451
29. Soga, Satoko et al. "Stimulation of postprandial fat utilization in healthy humans by daily consumption of chlorogenic acid." *Journal of biotechnology, and biochemistry* vol. 77,8 (2013): 1633-6. doi:10.1271/bbb.130147
30. Suksomboon, N et al. "Systematic review and meta-analysis of the efficacy and safety of chromium supplementation in patients with type 2 diabetes." *Clinical pharmacy and therapeutics* vol. 39,3 (2014): 292-306. doi:10.1111/jcpt.12147
31. Tajik, Narges et al. "The potential effects of chlorogenic acid, the main phenolic components in coffee, on health: a critical literature review." *European journal of nutrition* vol. 55,7 (2017): 2245-2244. doi:10.1007/s00394-017-1370-4

32. Talenezhad, Nasir et al. "Effects of l-carnitine supplementation on weight loss and body composition: A systematic re
37 randomized controlled clinical trials with dose-response analysis." *Clinical nutrition ESPEN* vol. 37 (2020): 9-23. doi:10.1
33. Thielecke, F et al. "Epigallocatechin-3-gallate and postprandial fat oxidation in overweight/obese male volunteers: a p
Journal of clinical nutrition vol. 64,7 (2010): 704-13. doi:10.1038/ejcn.2010.47
34. Thom, E. "The effect of chlorogenic acid enriched coffee on glucose absorption in healthy volunteers and its effect on
long-term in overweight and obese people." *The journal of international medical research* vol. 35,6 (2007): 900-8. doi:10.11
35. Van Schaik, Lachlan et al. "Effects of Caffeine on Brown Adipose Tissue Thermogenesis and Metabolic Homeostasis: .
neuroscience vol. 15 621356. 4 Feb. 2021, doi:10.3389/fnins.2021.621356
36. Velickovic, Ksenija et al. "Caffeine exposure induces browning features in adipose tissue in vitro and in vivo." *Scientifi*
Jun. 2019, doi:10.1038/s41598-019-45540-1
37. Wall, Benjamin T et al. "Chronic oral ingestion of L-carnitine and carbohydrate increases muscle carnitine content an
metabolism during exercise in humans." *The journal of physiology* vol. 589,Pt 4 (2011): 963-73. doi:10.1113/jphysiol.2010.
38. Watanabe, Takuya et al. "Coffee Abundant In Chlorogenic Acids Reduces Abdominal Fat in Overweight Adults: A Ran
Controlled Trial." *Nutrients* vol. 11,7 1617. 16 Jul. 2019, doi:10.3390/nu11071617
39. Westerterp-Plantenga, Margriet S et al. "Body weight loss and weight maintenance in relation to habitual caffeine int
supplementation." *Obesity research* vol. 13,7 (2005): 1195-204. doi:10.1038/oby.2005.142
40. Williams J, McKune AJ, Georgousopoulou EN, Kellett J, D'Cunha NM, Sergi D, Mellor D, Naumovski N. The Effect of L-T
Functional Food Product (Mango Sorbet) on Physiological Responses in Healthy Males: A Pilot Randomised Controlled Tri
23;9(3):371. doi: 10.3390/foods9030371. PMID: 32210015; PMCID: PMC7142516.
41. Williams, Jackson L et al. "The Effects of Green Tea Amino Acid L-Theanine Consumption on the Ability to Manage Str
Systematic Review." *Plant foods for human nutrition (Dordrecht, Netherlands)* vol. 75,1 (2020): 12-23. doi:10.1007/s1113
42. Yoneshiro, Takeshi et al. "Tea catechin and caffeine activate brown adipose tissue and increase cold-induced thermic
The American journal of clinical nutrition vol. 105,4 (2017): 873-881. doi:10.3945/ajcn.116.144972
43. Yoto, Ai et al. "Effects of L-theanine or caffeine intake on changes in blood pressure under physical and psychologica
physiological anthropology vol. 31,1 28. 29 Oct. 2012, doi:10.1186/1880-6805-31-28

Affiliate program

All affiliates need to create a Digistore24 account in order to start promoting this product. [CLICK HERE.](#)

[Legal Notice](#) | [Contact Information](#) | [Disclaimer](#) | [Return Policy](#)