Thermogenesis Complete

Advanced Weight Management Support*

Fat Burner

Metabolic Enhancer

Blood Sugar Stabilizer

NutritionalFrontiers.com
(412) 922-2566

NUTRITIONAL FRONTIERS

Thermogenesis Complete

Available in 90 Count Vegetarian Capsules

Thermogenesis Complete combines several plants in a formula geared towards beneficially altering body composition and assisting people in their weight loss efforts. This product was designed to support efforts to lose weight, in conjunction with lifestyle changes.

The featured ingredients in Thermogenesis Complete include **Green coffee bean extract**, **Irvingia gabonensis** as patented **IGOB131®**, **raspberry ketones**, **Capsimax®** from Capsicum fruit, **mulberry leaf** from **Morus alba**, and **Garcinia cambogia** standardized to contain 60% hydroxycitric acid.

Green coffee bean demonstrates antioxidant activity and supports weight loss by inhibiting fat absorption and activating fat metabolism in the liver (Shimoda H, 2006). Green coffee bean extract contains 2 important polyphenolic compounds: caffeic and chlorogenic acids. Caffeic acid provides a safe energy boost while being naturally low in caffeine.* Chlorogenic acid helps to delay glucose absorption in the intestines and inhibits gluconeogenesis (ie, the liver's ability to make glucose). In studies in diabetic mice, chlorogenic acid improved diabetic parameters such triglycerides & fasting glucose levels and helped glucose/ lipid metabolism. (Zhang LT, 2011). Chlorogenic acids from green coffee bean extract were shown to reduce blood pressure in patients with mild hypertension.. (Watanabe T, 2006)

Green coffee bean extract may be effective in preventing overweight adults from becoming obese. Studies in humans have investigated the influence of green coffee bean extract on glucose, fat metabolism, & body weight, concluding that green coffee bean extract was effective in reducing weight in pre-obese adults. (Vinson JA, 2012).

Irvingia gabonensis is a fruit found in West Africa. Commonly known as "African mango," different parts of the Irvingia plant are used in tropical Africa for medicinal purposes such as pain relief, weight problems, and high cholesterol. Research in humans demonstrated that Irvingia supplementation in overweight subjects resulted in improved body weight, body fat, waist circumference, cholesterol, LDL, glucose, CRP, adiponectin, & leptin. The authors conclude "Irvingia...extract may prove to be a useful tool in dealing with the emerging global epidemics of obesity, hyperlipidemia, insulin resistance, and their co-morbid conditions." (Ngondi JL, 2009)

Raspberry ketones are a natural phenolic compound of the red raspberry. The Korea Food and Drug Administration reported study results in the journal Planta Medica in 2010 to explain raspberry ketone's anti-obesity action. RK significantly increased lipolysis, or fat breakdown. (Park KS, 2010). Animal studies have shown that raspberry ketones prevent high-fat diet-induced elevations in body weight, liver & visceral fat stores. Animal research also shows that raspberry ketones may improve fatty liver by reducing liver inflammation, correcting lipid levels, reversing leptin and insulin resistance, and improving antioxidant status.

Mulberry leaf (Morus alba) is an excellent source of nutrients and phytochemicals and is used in China, Japan, and Korea as food and medicine. Mulberry leaf has a history of being used medicinally to manage metabolic diseases like obesity, diabetes, dyslipidemia, atherosclerosis, and high blood pressure, with many animal studies supporting these uses. Mulberry leaf may improve intestinal flora diversity producing anti-obesity effects.

Capsimax® is a standardized form of Capsicum fruit extract, designed to produce less stomach irritation than may happen with capsaicin ingestion. Capsaicin is the major pungent molecule of chili pepper plants from Capsicum genus. Animal studies show capsaicin reduces body mass, cholesterol, triglycerides, and glucose.

Garcinia cambogia is also known as tamarind and Garcinia gummi-gatta. This small fruit grows in southeast Asia; over 30 species of garcinia have been identified in India alone! Garcinia is used as flavoring, a preservative, and for medicinal purposes. Animal and in vitro studies have examined garcinia's effects on weight loss, fat loss, and other parameters related to metabolic syndrome. In vivo and in vitro effects of the fruit extract include anti-inflammatory, anti-cancer, anthelmintic, anti-microbial, and antioxidant activities. The hydroxycitric acid (HCA), an extract derived from the fruit rind, appears to be a primary active component possessing weight-reducing properties. Human research reveals benefit of garcinia on weight loss. A 2020 meta-analysis reviewed 8 trials consisting of 530 subjects. Garcinia cambogia significantly reduced weight, BMI, and waist circumference, compared to placebo.

Serving Size: 3 Capsules | Servings Per Container: 30

Mulberry Leaf Extract	500 mg
Green Coffee Bean Extract (Cofea Robusta)	300 mg
IGOB131® Irvingia (Irvingia gabonensis) (African Mango Seed)	300 mg
Raspberry Ketones	100 mg
Capsimax® (Std to 2% capsaicinoids)(Capsicum fruit extract)	100 mg
Garcinia Cambogia (60% Hydroxycitric Acid (HCA))	1000 mg

Ingredients: Hypromellose (Capsule), Microcrystalline Cellulose, Silica, Magnesium Stearate

Suggested Use: As a dietary supplement, take 3 capsules daily, or as directed by your healthcare practitioner.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Capsimax Capsimax is a trademark of OmniActive Health Technologies Ltd.

Irvingia IGOB131® Irvingia gabonensis IGOB 131® is a registered trademark of Gateway Health Alliances, Inc. US PATENT 7,537,790.

NUTRITIONAL FRONTIERS

NutritionalFrontiers.com • (412) 922-2566

*Sources for cited material are available upon request. Contact Nutritional Frontiers.

Copyright © 2023 by Nutritional Frontiers LLC. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without prior written permission of the copyright owner. Sold Exclusively Through Health Care Practitioners.

This document and statements made within this document have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.