

Alpha VitaBurn Fat Burner Powder.

Ingredients: Each serving (5ml) contains

Vitamin C 200mg
Selenium AAC 100mcg
L-Glutamine 0.5g
Kelp Powder 50mg
Guarana Extract 25mg

OTHER INGREDIENTS:

BCAA, Papain, Co-Enzyme Q10, Inulin, Chromium, Dextrose, Maltodextrin, Fructose, Citric Acid, Sodium, Titanium dioxide, Aerosil, Colourant, Flavour.

Action:

Vitamin C

Vitamin C has more benefits than can be mentioned here. The most important factors are:

- It is one of the most efficient anti-oxidants known
- Vitamin C may assist in increasing HDL (good cholesterol) and decreasing total blood fats
- It helps to increase energy using glucose for fuel, and reducing insulin resistance
- It supports and protects the liver which is the major detoxification organ

Selenium:

Selenium is very helpful for losing weight for several reasons. It supports the thyroid gland which can be compared to the metabolism's accelerator pad. The better the thyroid works, the faster and more efficiently the metabolic process works. In addition, Selenium may also assist in regulating the hormone leptin which reduces appetite and controls fat storage. Many obese people have up to 500% MORE leptin in their blood than normal weight people but still eat in excess and gain weight constantly. This is because they have become 'leptin resistant' - their body cannot 'hear' the messages transmitted by leptin anymore.

L-Glutamine:

L-Glutamine deserves to be a very good friend to anyone wishing to lose weight. It helps to regulate all aspect of blood glucose levels (blood glucose, insulin and insulin resistance) and in the process it helps to reduce carbohydrate cravings and body mass.

L-Glutamine also supports the gall bladder which stores the bile used in fat metabolism, and it supports the kidneys (needed for excretion of both water and waste products from metabolism and detox).

Another reason why L-Glutamine is beneficial is because it helps to heal the intestinal wall. This not only benefits digestion but a healthy intestine uses about 60% of the body's energy

on a daily basis. An unhealthy, damaged intestine uses a significantly higher %. But to lose weight, and feel energised and healthy, we want the energy to go to our muscles rather than our intestine.

Kelp Powder:

Kelp powder is high in iodine which is the key mineral required for optimal thyroid function. It is nutrient dense, but low in fats and carbs and high in beta-carotene which is a group of highly effective anti-oxidants.

In addition, Kelp powder contains *Alginate* which is a natural, insoluble fibre that acts both as a natural fat blocker and may also help to alleviate constipation

Guarana Extract:

Guarana extract is rich in a multitude of different anti-oxidants. It is also a natural source of caffeine which increases the metabolic rate and therefore burns more energy (kilojoules)

Guarana has another secret weight loss assistant: it may suppress those genes that aid fat cell production!

In addition, it is a source of theophylline which is related to caffeine. Theophylline prevents the lowering of the basal metabolic rate (during a diet the body thinks it is in a time of famine and automatically reduces the amount of fat burned in order to conserve energy), and thereby assists in preventing the resulting immediate regaining of weight that is commonly referred to as the 'Yo-Yo' effect.

BCAA:

Branched Chain Amino Acids (3 essential amino acids: leucine, isoleucine, valine) found in eggs, meat and dairy are beneficial for increased muscle growth and to prevent muscle wasting. This is important because muscles burn a lot more energy than other tissues.

BCAA's may also help to specifically reduce visceral fat deposits around the waist and have been shown to improve the waist/hip fat ratio.

Papain:

Papain is a digestive enzyme which facilitates the digestion of dietary proteins. It is also an anti-oxidant which helps to break down and replace damaged proteins (including collagen & muscle)

Co-enzyme Q10:

Co-enzyme Q10 is an important factor in the process of converting Carbohydrates into energy. It may also increase the oxygen supply to mitochondria, which would aid in optimizing the 'burning' reaction.

CoQ10 helps to lower blood fats and lipoproteins and reduces insulin resistance.

Inulin:

Inulin is a pre-biotic fibre which means that it is insoluble and cannot be digested or absorbed. However, its presence in the intestine supports the growth of certain pro-biotics and helps to create a healthy micro-biome.

Inulin may help with weight loss in other ways too. Due to its fibrous nature, it relieves constipation and increases satiety and satiation (fullness)

Chromium:

Chromium is a marvel at helping to regulate blood sugar levels in many ways:

- It improves the cells' uptake of glucose
- It improves the metabolism (burning) of glucose and
- It contributes to weight loss

Chromium may also reduce blood cholesterol and triglycerides

Citric Acid:

Citric Acid is an intermediate product in the Krebs cycle, which is the chemical process of burning glucose with oxygen for energy. This cycle takes place in every single body cell 24/7. Using citric acid as a supplement helps to support this crucial metabolic process.

Citric acid also improves the flow of bile, which is required for the digestion of fats, from the gall bladder. In addition it has Anti-oxidant properties and improves the absorption of minerals from the intestine.

EXCIPIENTS:

Dextrose, Maltodextrin, Fructose, Sodium, Titanium dioxide, Aerosil, Colourant, Flavour. Excipients are substances added to a mixture for other reasons not directly related to the main aim of the supplement or medicine. In this case, they are added to create a soluble, easy to use and free flowing (does not 'cake' if kept dry) powder.

Some excipients contribute to improving the acceptability of the product, for example to Improve taste, smell and appearance

ALL the added excipients are FDA Approved

DIRECTIONS for Use:

Mix one 5ml scoop of ALPHA VitaBurn Fat Burner Powder with 1 litre of cold water. Shake well. Use regularly for optimum results.

Best results can be obtained in conjunction with a kilojoule controlled diet.

WARNINGS:

NOT for Children under the age of 12

Do not use after 4pm

Do not exceed the daily dosage

Not for use by pregnant or lactating women

Consult a healthcare practitioner if you suffer from any chronic medical condition.

Keep out of reach of children

Store in a cool, dry place below 25°C

Don't use if allergic to any of the ingredients

NUTRITIONAL VALUE PER 5g SERVING

Energy 59.86 kJ

Protein 0.0g

Total Carbohydrates 3.5g

of which sugars 1.7g

Total fats 0.0g