



MetaboMax Free

Stock #3074-6 (120 capsules)

MetaboMax Free is a natural weight-loss supplement that is 100% caffeine- and ephedra-free. MetaboMax Free is designed to increase metabolism and enhance the body's ability to burn fat—a process called thermogenesis. MetaboMax Free contains herbs that also promote greater energy, reduce fluid retention, and help with appetite control. The combined effects of MetaboMax Free provide individuals with a natural and safe way to lose unwanted weight. MetaboMax Free contains:

Green tea leaf extract, decaffeinated (*Camellia sinensis*) - Green tea extract has been shown to increase weight loss through diet-induced thermogenesis, an important calorie-burning mechanism whereby the body burns fat to produce heat (energy). Results from randomized, controlled clinical trials have found that green tea extract stimulates thermogenesis and fat oxidation, both at rest and during moderate-intensity exercise. Decaffeinated green tea has also been shown to support weight control in animal studies.

Research suggests that green tea components such as EGCG (epigallocatechin gallate) may be responsible for green tea's anti-obesity effects on body weight and body composition. In addition, green tea extract contains compounds, including EGCG, that function as powerful antioxidants and inhibit the oxidation of LDL (low-density lipoprotein) cholesterol.¹⁻⁹

Capsicum fruit (*Capsicum annuum*) - Epidemiological data have revealed that consuming foods containing capsaicin (one of the active ingredients in capsicum) is associated with lower rates of obesity. Capsaicin and other active ingredients in capsicum have been shown to increase thermogenesis, reduce body weight, and promote the loss of abdominal fat in overweight or obese humans. Research indicates that capsaicin-induced thermogenesis is likely the result of beta-adrenergic receptor stimulation, which leads to lipolysis (the breaking down of fat stores) in white adipocytes (fat cells). Capsaicin has also been shown to increase satiety and assist with appetite control.¹⁰⁻¹⁸

Ginger rhizome (*Zingiber officinale*) - Ginger is commonly used in the management of obesity. Research has shown that ginger prevents obesity in animals fed a high-fat diet. Ginger's anti-obesity effects may be due in part to its ability to inhibit the intestinal absorption of dietary fat. Ginger has also demonstrated remarkable cholesterol-lowering effects in studies of experimental hyperlipidemia (high blood cholesterol and triglycerides). Furthermore, a double-blind, controlled clinical trial found that ginger produced greater reductions in LDL cholesterol levels and greater increases in high density lipoprotein (HDL) levels than a placebo.^{2,19-23}

Bitter orange fruit (*Citrus aurantium* - 30% Synephrine) contains the active ingredient synephrine, a natural thermogenic agent utilized as a safe alternative to ephedra. Thermogenic substances, including synephrine, have been found to increase the body's ability to burn calories and break down fat stores—a process known as lipolysis. Preliminary studies suggest that bitter orange increases energy expenditure and suppresses body fat accumulation due to synephrine's effect on beta-adrenergic receptors, thus aiding in the treatment of obesity. Synephrine has also been shown to reduce food intake in animal studies.²⁴⁻³⁰

Guggulipid (7.5% Guggulsterones), a standardized extract from the guggul tree, has been used in Ayurvedic medicine for thousands of years to treat atherosclerosis, hyperlipidemia, inflammatory problems such as arthritis, gout and rheumatism, and even obesity. Cumulative data from in vitro, preclinical and clinical studies, including human trials, largely support the therapeutic uses for guggulipid. Guggulsterones, the active substances in guggulipid, appear to account for the natural cholesterol-lowering and anti-inflammatory activity of guggulipid. In addition, guggulsterones have been shown to stimulate thyroid function, which further supports the use of guggulipid for obesity.³¹⁻³⁹

Chickweed (*Stellaria media*) contains triterpenoid saponins, which are substances that have been shown to lower cholesterol. Saponins may also delay the intestinal absorption of dietary fat by inhibiting the action of lipase—a pancreatic enzyme that breaks down dietary fats and oils. Chickweed also contains mucilage, a type of dietary fiber that has been shown to facilitate weight-loss in obese patients, as well as lower plasma cholesterol and triglyceride levels. In addition, chickweed appears to have a mild diuretic and laxative action that may help reduce edema (excess fluid retention) and facilitate the elimination of toxins.⁴⁰⁻⁴⁷

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