



MetaboMax Plus

Stock #3072-2 (120 capsules)

MetaboMax Plus is a natural weight-loss supplement designed to increase metabolism and stimulate the body's ability to burn fat—a process called thermogenesis. MetaboMax Plus contains herbs that provide a natural source of caffeine for greater energy and fat-burning effects. MetaboMax Plus also contains herbs that reduce fluid retention and help with appetite control. MetaboMax Plus 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

Guarana seed extract (*Paullinia cupana*) - Guarana has been recognized for its ability to control appetite and assist in weight loss. Guarana seeds, which contain more caffeine than any other plant in the world, contain approximately four times as much caffeine as coffee. Caffeine has been shown to reduce body weight and body fat in obese women, as well as increase energy expenditure in healthy young women. Caffeine is also known to be a lipolytic compound—a substance that breaks down fat stores. Published data from studies of overweight and obese humans suggest that the combination of caffeine and green tea can increase energy expenditure and promote greater abdominal fat loss than caffeine alone. Furthermore, guarana seeds contain traces of substances known as xanthines, which stimulate the central nervous system, promote secretion of gastric acid, and function as a diuretic. Guarana has also been shown to improve memory performance and enhance alertness and mood in humans.^{16,19-27}

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.^{2,28-32}

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.³³⁻³⁹

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.⁴⁰⁻⁴⁸

Yerba maté leaves extract (*Ilex paraguariensis*) - Yerba maté has been shown to suppress increases in body weight in animals fed a high-fat diet, and thus, has been suggested as a therapeutic alternative for the management of obesity. In France, yerba maté is approved for the treatment of fatigue and as an aid in weight-loss programs. One of

the primary active constituents in yerba maté is caffeine, which has been shown to reduce body weight and body fat in obese women, as well as increase energy expenditure in healthy young women. Caffeine is also known to be a lipolytic compound—a substance that breaks down fat stores. Published data from studies of overweight and obese humans suggest that the combination of caffeine and green tea can increase energy expenditure and promote greater abdominal fat loss than caffeine alone. Furthermore, yerba maté exhibits powerful antioxidant properties comparable to that of green tea. Yerba maté also demonstrates diuretic and hypocholesterolemic (cholesterol-lowering) activity.^{16,21-23,49-54}

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.^{20,55-61}

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