



Nutri-Burn

Chocolate Stock #3078-0 (915 grams)
Vanilla Stock #3080-0 (870 grams)

Nutri-Burn is a high-protein, low-carbohydrate meal replacement drink mix that provides 25 grams of lactose-free protein in each serving. Nutri-Burn also contains a nutritious blend of vitamins, minerals and nutrients to help promote the breakdown of fat in the body, increase lean muscle mass, improve insulin sensitivity to maintain balanced blood sugar levels, and lower cholesterol. Nutri-Burn is ideal for healthy weight-management and for energizing the body.

Recent reports suggest that a high-protein diet may help reduce body weight, increase lean muscle mass and improve insulin sensitivity—insulin plays a role in the mechanisms that control food intake, body weight and energy metabolism. Insulin resistance can lead to cardiovascular disease, diabetes and obesity. High-protein drinks that contain dairy-derived protein known to be rich in essential amino acids and branched-chain amino acids (BCAAs) may provide greater health benefits than

animal protein. Animal research has confirmed that, although a high-protein diet was effective in reducing body fat stores, whey protein was actually more effective than red meat in improving insulin sensitivity and reducing body weight gain.¹⁻⁶

Whey protein is derived from milk and is one of the richest sources of branched chain amino acids (BCAAs). BCAAs are unique in their ability to be used during strenuous exercise as an energy source, thus inhibiting muscle catabolism—the breakdown of muscle tissue as a source of calories. Whey protein is also rapidly digested and assimilated by the body, providing increased protein synthesis. Thus, whey protein is an ideal post-workout supplement because it quickly provides replenishment for muscle tissue and BCAAs lost during exercise. In addition, whey protein is a rich source of the amino acid cysteine, which plays an important role in immunomodulation. Studies of whey protein supplements have shown improvements in immune function.⁷⁻¹¹

Calcium caseinate, produced from skim milk, is an excellent form of protein that contains all of the essential amino acids. One of the primary advantages of calcium caseinate protein is that it contains more of the amino acids glutamine and tyrosine than any other protein crosses the blood-brain barrier where it is converted to glutamic acid to serve as fuel for the brain; tyrosine is a precursor to thyroid hormones that regulate metabolism and body weight. Calcium caseinate is also remarkably effective in preventing muscle catabolism—the breakdown of muscle tissue as a source of calories—because it is digested slowly, providing a prolonged amino acid release. Many athletes consume calcium caseinate protein before retiring in the evening because it provides a steady flow of amino acids to the body throughout the night.^{8,9,12,13}

CLA (conjugated linoleic acid) is a naturally occurring fatty acid that appears to decrease the ability of fat cells to take up fats from the bloodstream, inhibit the formation of new fat cells, and help cells burn fat at a higher rate, thus leading to a reduction in fat. Some studies suggest that CLA may help decrease body fat in overweight individuals. CLA also appears to increase lean muscle mass, particularly in individuals who are exercising regularly.¹⁴⁻¹⁷

Fructooligosaccharides (FOS) are naturally-occurring simple carbohydrates that are neither digested nor absorbed by humans; instead, they encourage the growth of healthy intestinal bacteria and discourage the growth of potentially harmful pathogens (disease-causing organisms) in the colon. FOS also enhance immunity and may help reduce the risk of colon cancer. In addition, research indicates that FOS enhance calcium and magnesium absorption.¹⁸⁻²¹

L-carnitine is an amino acid needed for efficient fatty acid metabolism (the process of turning fat into energy), which results in cellular energy production. L-carnitine production decreases with age and contributes to the age-associated decrease in energy expenditure for physical activity. Individuals suffering from chronic fatigue, as well as the elderly, may find L-carnitine helpful for increasing energy levels. L-carnitine supplementation is common among athletes to improve energy levels for optimum exercise performance. L-carnitine may also play a role in reversing insulin resistance, which is a contributing factor to obesity.^{19,22-27}

Proteolytic plant enzyme blend - Proteolytic enzymes break down proteins into single amino acids that can be easily absorbed by the body. The addition of proteolytic enzymes not only facilitates more efficient use of protein supplements by the body, but also helps reduce the potential for gastrointestinal upset that occasionally accompanies protein supplementation in some individuals.^{3,11,28}

Lo han fruit is known for its intensely sweet flavor. The sweet taste of lo han comes primarily from mogrosides, a

group of terpene glycosides that are approximately 300 times as sweet as sugar by weight. Lo han has been used for centuries as a medicinal herb and is popular in southern China as a longevity aid. More recently, lo han has been developed into a natural, non-caloric sweetener that may prove beneficial for diabetes and obesity.^{29,30}

Green tea extract - Green tea has numerous health benefits, including cardiovascular protection, cancer prevention and anti-obesity effects. Green tea extract has been shown to increase thermogenesis, an important calorie-burning mechanism. Studies conducted with human volunteers have confirmed that green tea extract reduces body weight and body fat, as well as increases thermogenesis to promote weight-loss and weight maintenance. Research indicates that epigallocatechin gallate (EGCG), an abundant polyphenol found in green tea, may be chiefly responsible for green tea's effects on body weight and body composition.³¹⁻³⁶

Chromium is a trace mineral that is necessary for healthy insulin functioning and plays an essential role in increasing the body's sensitivity to insulin. In order to facilitate weight-loss, the body's cells need to become more receptive to insulin, which is critical for maintaining balanced blood sugar levels and stimulating thermogenesis—the burning of fat stores for energy. Without chromium, the action of insulin is inhibited, resulting in elevated blood sugar levels and decreased thermogenesis. Thus, chromium is regarded as a key component for effective weight-loss. Chromium supplementation has been shown to cause significant fat loss and retention of lean muscle compared to placebo in women following a modest diet and exercise program. Studies suggest that chromium supplements, and niacin-bound chromium (chromium-nicotinate) in particular, may also be effective in lowering plasma cholesterol levels.^{5,6,37-42}

Vanadium, a trace mineral, has shown therapeutic potential for its ability to mimic the effects of insulin, enhance insulin sensitivity and lower cholesterol. Research also suggests that vanadium improves cardiac function.⁴³⁻⁴⁶

Stevia, a South American plant commonly used as a natural sweetener, is considered to be 10-15 times sweeter than table sugar. Experts have concluded that stevia does not affect blood sugar metabolism and may be safely used by both diabetics and hypoglycemics. Stevia contains virtually no calories.⁴⁷⁻⁴⁹

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