

## Weight Loss WON "0" WON

Product	Recommended forms/brands/potency	Benefits	Notes
Garcinia Cambogia	Natural Balance Himalaya •The most effective studied dose of Garcinia Cambogia for weight loss is 500 mg taken 30-60 minutes before meals on an empty stomach at least twice a day.	<ul style="list-style-type: none"> <li>• A tropical fruit also known as the Malabar tamarind</li> <li>• Hydroxycitric acid, or HCA</li> <li>• Suppresses appetite</li> <li>• Blocks the body's ability to make fat</li> <li>• Enhances athletic performance</li> </ul>	
Carb Blockers	BioChem Carb Phaser LifeTime Carb-Time	<ul style="list-style-type: none"> <li>• White Kidney Bean Extract</li> <li>• Inhibits the digestion of starches</li> <li>• Keeps the starch you eat from turning into absorbable sugar</li> </ul>	
Green Tea	Matcha •Any supplement with a standardized amount of catechins	<ul style="list-style-type: none"> <li>• Contain high amounts of antioxidants like ECGC, catechins and polyphenols</li> <li>• Catechins boost metabolism and increase fat burning</li> <li>• L-theanine found in green tea helps manage stress, anxiety, and increase dopamine, helping prevent emotional eating and increase satiety</li> </ul>	
Green Coffee Bean Extract	Natures Way Mt. Angel Good Green Coffee Bean with Garcinia	<ul style="list-style-type: none"> <li>• Contain Chlorogenic Acid</li> <li>• May reduce the absorption of carbohydrates from the digestive tract</li> <li>• Animal studies have shown it can reduce body weight, reduce fat absorption, reduce fat in the liver, and increase the function of adiponectin</li> <li>• Shown to drastically improve cholesterol and triglyceride levels</li> </ul>	
Raspberry Ketones	Natures Way Natural Sport	<ul style="list-style-type: none"> <li>• Regulates, and may increase, the hormone adiponectin</li> <li>• Adiponectin normalizes glucose levels and helps with fatty acid breakdown</li> <li>• Helps control norepinephrine, which can slightly raise body temperature, increasing thermogenesis.</li> </ul>	
Coleus Forskolii	Natures Way Solaray	<ul style="list-style-type: none"> <li>• A compound found in the roots of the plant Coleus Forskohlil</li> <li>• Raises levels of lipolysis in the body, aids in fat cell breakdown</li> <li>• Encourages thermogenesis. The more internal heat generated, the better we lose body fat</li> <li>• Gives you energy</li> </ul>	
Fucoxanthin	Solaray	<ul style="list-style-type: none"> <li>• Catoenoic found naturally in brown sea weed</li> <li>• Targets the protein UCP1 that increase the rate at which abdominal fat (white fat cells) is burned.</li> <li>• Found in animal studies to decrease insulin and blood glucose levels.</li> </ul>	
7 Keto DHEA	Enzymatic Natural Lean	<ul style="list-style-type: none"> <li>• A metabolite of the adrenal hormone DHEA that does not affect sex hormones</li> <li>• Is anti-cortisol</li> <li>• When combined with diet and exercise, it has been shown to increase thermogenesis.</li> </ul>	
PGX	Natural Factors	<ul style="list-style-type: none"> <li>• Fiber supplement</li> <li>• Konjac power, Sodium alginate, and xanthan gum</li> <li>• Blocks sugars</li> <li>• Suppresses appetite</li> </ul>	

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CLA Conjugated Linoleic Acid	Organic Valley Ghee (bullet coffee) Iron Tek-safflower oil	<ul style="list-style-type: none"> <li>• Purest forms are from Grass Fed Beef and Dairy</li> <li>• Studies show it to have several anti-obesity mechanisms including reducing food intake, increasing fat burning, stimulating the breakdown of fat, and preventing your body from storing fat</li> <li>• Improves body composition-reduces body fat and increases muscle mass</li> </ul>	
Organic Coconut Oil	Natures Way Organic Coconut Oil Natures Way 100% MCT Oil	<ul style="list-style-type: none"> <li>• Better at boosting your thermogenic rate than protein</li> <li>• Immediately turned by your liver into a source of energy, boosting metabolism</li> <li>• Targets abdominal fat</li> <li>• When humans replace the fats they eat with MCT fats they burn more calories</li> <li>• Reduces appetite</li> </ul>	
L-Carnitine	Country Life	<ul style="list-style-type: none"> <li>• Made in the liver and kidneys</li> <li>• Helps the body turn fat into energy</li> <li>• Increases muscle mass</li> <li>• Reduces fatigue</li> </ul>	
Chromium	Natures Way GTF Chromium	<ul style="list-style-type: none"> <li>• A mineral used for digestion</li> <li>• Moves blood sugar from bloodstream into cells to be used as energy</li> <li>• Turns fats, carbohydrate, and proteins into energy</li> <li>• Helps to build muscle and burns fat</li> <li>• Helps the body use carbohydrates</li> </ul>	
Cleanses	Thisilyn Cleanse from Nature's Way Wild Rose Cleanse from Garden of Life Renew Life Cleanses LiverCare	<ul style="list-style-type: none"> <li>• Any toxin or chemical that your body is unable to detox is stored in fat cells. Releasing toxins through a cleanse helps burn stored fat which also boosts thermogenesis.</li> <li>• Helps you detox from addictive sugars and carbohydrates that spike insulin and inflammation</li> <li>• Boosts adrenal glands and thyroid function</li> </ul>	
Thyroid Boosters	Tri Iodine by Terry Naturally Natural Sources RAW Thyroid Thyroid Support By Gaia-also contains brown seaweed and colesus forskolii	<ul style="list-style-type: none"> <li>• Tyrosine-improves thyroid function, helps produce dopamine, epinephrine and norepinephrine</li> <li>• Iodine-normalizes an underactive thyroid</li> <li>• Glandulars-boosts an underactive thyroid</li> <li>• Adaptogens-reduce cortisol levels and protect body from stress and anxiety</li> </ul>	