

RASPBERRY KETONES

CAN AID WITH

WEIGHT LOSS

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Introduction

The following supplement elements are suggested as an aid to weight loss strategies.

Element	Amount Per Dose	Amount Per Day (2 x Doses)
Raspberry Ketone	100mg	200mg
African Mango 36:1 Extract (Equivalent of 1000mg Mango Fruit)	27.80mg	55.6mg
Acai Berry Extract 4:1 25.00 (Equivalent of 100mg Acai Fruit)	25mg	50mg
Green Tea Extract (40% Catechins / 60% Polyphenols/Caffeine 8%) Providing 10mg of Catechins 2mg Caffeine	25mg	50mg
Apple Cider Vinegar Powder	25mg	50mg
Kelp	25mg	50mg
Caffeine BP	25mg	50mg
Grapefruit Pectin	25mg	50mg
Resveratrol 98%	10mg	20mg

Combinations of such elements can be found in various over the counter supplement products.

Raspberry Ketones

Raspberry Ketones are a natural phenolic compound that is responsible for the fruit's aroma; and it was discovered that raspberry ketone increased both the expression and secretion of adiponectin.

This is significant because adiponectin is a protein hormone which modulates a number of metabolic processes, including glucose regulation and fatty acid catabolism.

Research into adiponectin suggests that levels of adiponectin are inversely correlated with body fat percentage:

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