

# THERMO PLUS

## Herbal fat burner, energy support and weight loss supplement

THERMO PLUS is a thermogenic fat metaboliser and herbal weight management supplement, which supports the body's natural fat burning processes, along with the feeling of fullness, energy levels, thyroid function, carbohydrate, lipid and fatty acid metabolism, stable blood sugar levels and other vital aspects of effective weight loss.

This food supplement has been formulated with a specialist combination of synergistic herbs and nutrients (see below).

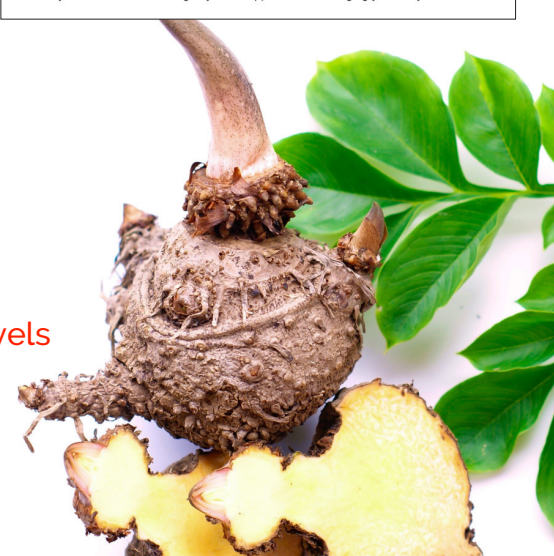
Ideal for use during any exercise or weight management programme, THERMO PLUS is suitable for men and women and is recommended to be used in conjunction with a sensible exercise regime and balanced, calorie-controlled diet.



## Benefits

Weight loss  
Fat burning (lipolysis)  
Energy levels  
Carbohydrate metabolism  
Lipid metabolism  
Fatty acid metabolism  
A feeling of fullness  
Controlling cravings  
Stable blood sugar levels  
Thyroid function  
Immune system  
Hormonal balance  
normal blood cholesterol levels

PRODUCT INFORMATION: Each serving (2 capsules) provides:					
		%NRV*			%NRV*
Vitamin B6	10mg	714%	Zinc	4mg	40%
Choline	8mg	-	Chromium Picolinate	50mcg	125%
%NRV = Nutrient Reference Value			Iodine	30mcg	20%
Also provides:					
**Glucomannan Powder	1000mg	Equivalent to 200mg African mango powder			
Bitter Orange Peel Powder	100mg	Capsicum Extract			10mg
Raspberry Ketones	60mg	Equivalent to 80mg fresh herb			
Caffeine Anhydrous	50mg	Guarana Extract, 22% caffeine			10mg
Green Tea Extract, 40% Catechins	50mg	Equivalent to 40mg fresh herb			
Equivalent to 500mg fresh herb, providing 20mg catechins		Siberian Ginseng Extract			
L-Tyrosine	40mg	Equivalent to 350mg fresh herb			10mg
African Mango Extract	20mg	Piperine (Black Pepper Extract)			3mg
<b>INGREDIENTS:</b> Glucomannan (Konjac) Powder, Vegetarian Capsule Shell, Hydroxypropyl Methylcellulose (HPMC), Bitter Orange Peel Powder, Raspberry Ketones (from raspberry powder), Caffeine Anhydrous Pdr., Green Tea Leaf Ext. 10:1 (40% Catechins), L-Tyrosine Pdr., Anti-caking Agent, Magnesium Stearate (vegetable source), African Mango Extract 10:1, Choline Bitartrate Pdr., Vitamin B6 Pyridoxine Hcl Pdr., Capsicum Ext. 8:1, Guarana Extract 4:1, Siberian Ginseng Extract 35:1, Zinc Oxide Pdr., Piperine (95% extract), Kelp 4:1 Extract (1% Iodine), Chromium Picolinate Pdr.					
<b>DIRECTIONS:</b> Take 2 capsules, 3 times per day with water. **Beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1-2 glasses of water, before meals. Do not exceed stated recommended intake. A food supplement should not be used as a substitute for a varied diet and healthy lifestyle. Consult your doctor before taking any food supplement or changing your daily diet.					



# About the ingredients

**Vitamin B6:** Vitamin B6 contributes to the regulation of hormonal activity, normal cysteine synthesis, normal energy-yielding metabolism, normal homocysteine metabolism, normal protein and glycogen metabolism and the reduction of tiredness and fatigue.

**Choline:** Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Humans cannot produce choline, and therefore must source it through their diet. Choline contributes to normal lipid metabolism. Lipids are fat-like substances found in your blood and body tissues.

**Zinc:** Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

**Chromium picolinate:** Chromium contributes to normal macronutrient metabolism and to the maintenance of normal blood glucose levels.

**Iodine:** Iodine contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.

**Glucomannan:** This formula includes glucomannan (a form of soluble fibre derived from the konjac root). Glucomannan contributes to weight loss in the context of an energy-restricted diet. This beneficial effect is obtained with a daily intake of 3g of glucomannan in three doses of 1g each, together with 1-2 glasses of water, before meals. Glucomannan also contributes to the maintenance of normal blood cholesterol levels. This beneficial effect is obtained with a daily intake of 4g of glucomannan per day. Konjac fibre glucomannan: has almost no calories, is naturally high in fibre, absorbs water in the stomach and in contact with water, expands and can absorb up to 50 times its weight.

**Bitter orange peel:** The powder and extract of bitter orange (and bitter orange peel) are used in dietary supplements as an aid to fat loss and as an appetite suppressant. For enhanced effectiveness, it is combined with other support herbs to boost metabolic rate and thermogenesis. Bitter orange contains the amphetamine metabolites N-methyltyramine, octopamine and synephrine. These substances are similar to ephedrine, which acts on the  $\alpha_1$  adrenergic receptor to constrict blood vessels and increase blood pressure and heart rate, which in turn stimulates fat burning processes.

**Raspberry ketones:** Raspberries in general have long been known for their health-promoting benefits, but more specifically, raspberry ketones (a type of natural phenolic compound and the primary aroma compound of red raspberries) can help burn body fat by: increasing lipolysis (fat breakdown); helping to increase the rate at which calories are burned; and helping to increase fat loss as part of a balanced diet. It is also worth noting that raspberries have a molecular structure that is similar to the structure of capsaicin, a component of capsicum - see below - accounting for their powerful thermogenic properties.

**Caffeine anhydrous:** Anhydrous caffeine is simply dehydrated caffeine - a powdered version of caffeine. Anhydrous means "without water." It is a powerful natural stimulant found in many foods such as tea, coffee, cola and chocolate. Used to offset hunger, appetite, boost energy levels and mental clarity. Combined with the other ingredients in this formula, it has a metabolic stimulating and mild diuretic effect.



# About the ingredients cont...

**Green tea extract (with catechins):** Green tea (*Camellia thea*) is derived from the plant *Camellia sinensis*. Discovered over 4,000 years ago, green tea has become the supplement of choice for those seeking control over their weight. The polyphenols in this tea appear to activate the body's thermogenic (fat burning) activities, promoting the use of calories as energy and thereby assisting fat-fighting efforts. We use green tea extract in the THERMOthin formula, which is even more effective. It is also a source of catechin polyphenols - Epigallocatechin gallate (EGCG), in particular.

**L-Tyrosine:** This is an amino acid, as well as a precursor of several important neurotransmitters, including L-dopa, dopamine, norepinephrine, and epinephrine. These are important contributors to mood, cognitive performance as well as combating stress. L-tyrosine is also a precursor to the thyroid hormone, thyroxine (also known as T4) and supplementation may have a positive effect on thyroid hormone levels which help to contribute to an increased metabolic rate.

**African mango:** This "superfruit", indigenous to coastal west Africa, is an age-old Cameroonian bush medicine that has been used for its unique properties that help to shift fat and lower blood fat levels. The African mango, *Irvingia gabonensis*, is unlike other mangoes in that it produces an edible protein-rich seed. It can support healthy blood fat and glucose values, blood pressure and leptin levels. African mango can also delay stomach-emptying to help you stay fuller for longer.

**Capsicum:** This spice is also known as cayenne, hot pepper, red pepper and chilli pepper. Research studies have shown that people who took hot spicy foods (i.e. added a teaspoon of red-pepper sauce and a teaspoon of mustard to their meal) raised their metabolic rates by as much as 25% for a period of time. In other words, it induces thermogenesis, increases energy expenditure and calorie-burning. Studies also indicate that capsicum slows down the absorption of fat in the small intestine.

**Guarana:** This is a herb that grows in the Brazilian Amazon rainforest. It contains significant amounts of guaranine (the active constituent that is virtually identical to caffeine) and has thus been used for centuries by indigenous tribes to help reduce hunger, relieve fatigue and treat obesity. Guarana is a valuable aid for temporarily increasing energy levels. Its ability to "free" fatty acids (fat cells) into the bloodstream in order to be broken down and used up for energy makes it a natural choice for effective fat loss products. It also has a mild diuretic effect. We use an extract form of guarana, enhancing these beneficial actions.

**Siberian ginseng:** This herb is considered to be an adaptogen - a substance that can help individuals to cope with physical and emotional stress. Ginseng is also widely used in eastern Asia to increase the ability to do physical work (i.e. it is used as a natural energiser). Helps to stabilise blood sugar and reduce cravings for sweets.

**Piperine:** Piperine is the alkaloid responsible for the pungency of black pepper and long pepper. Piperine extract assists in losing weight as it increases thermogenic activity in the body. Thermogenesis is the way of developing cellular energy and this results in an increase in the metabolic rate of the body.

