



VFX

Guide to the Big 2 Fat Burning Ingredients



*Lose 28lbs
in 10 weeks*



*130% Greater
Weight Loss*



*400% Increase
Calorie Burn*

INTRODUCTION TO THE BIG 2 FAT BURNING INGREDIENTS

In this report, you're going to learn about the 2 herbs that are not well known, but are some of the most potent naturally derived fat burning ingredients available to you right now.

Each one has been studied and proven scientifically to have dramatic effects on metabolism and enhancing the body's natural ability to burn fat.

I've included the specific extract that was used in clinical study, so you know the exact type of each herb you need to take if you expect to get the same fat burning benefits outlined in this report.

Irvingia Gabonensis – African Mango Extract

Patented Extract IGOB131

Dose – 150mg twice per day

Irvingia Gabonensis is a tree native to West Africa. It's also known as African mango as the fruit is very similar to mango. The seeds are what is used to make medicine and herbal remedies.

Some research suggests that Irvingia gabonensis seeds are able to affect fat cells, which could reduce fat cell growth and increase the breakdown of fats and cause accelerated weight loss results.

More precisely, there is research on a specific patented extract from the seeds



of the African mango tree. The patented extract is identified as IGOB131 and has been shown to support leptin sensitivity by inhibiting the production of C-reactive protein (a marker of whole-body inflammation).

As an example, in a double-blind placebo controlled study (the gold standard of research design) published in the *Journal Lipids in Health and Disease*, and led by Dr. Judith Ngondi, 102 healthy, overweight volunteers received either 150 mg of patented IGOB131 extract of *Irvingia* or a placebo (containing no *Irvingia*), twice daily prior to meals.

At the end of 10 weeks, it was reported that the patented *Irvingia* group lost an average of 28 pounds, shed 6.7 inches from their waistline, and reduced their total body fat by a whopping 18.4%! In the end, the researchers concluded that this translates to 223% greater weight loss for the *Irvingia* group!

If that wasn't enough, in a second randomized, placebo-controlled, double-blind study involving 48 overweight participants led by Dr. Boris Azantsa, participants received the same 300mg of patented *Irvingia* daily or a simple placebo pill for 8 weeks.

At the end of the study, it was reported that the participants who took the patented *Irvingia* lost an average of 16 pounds— more than 5 TIMES more weight than those not taking *Irvingia*, along with a loss of nearly 300% more body fat. They also lost over 3 times as many inches from their waist and hips.

It is very important to note that the dramatic results of the research you just read is on the specific patented extract IGOB131 from *Irvingia gabonensis*. This means the seeds were harvested from a specific group of plants at a specific time of year, with a specific extraction and concentration method to produce an extract potent enough to create these fat burning effects. In other words, any other supplement labeled African mango won't have the same effect as a supplement with this exact patented extract.

The bottom line for *Irvingia* is that the research supports the use of the IGOB131 extract in weight loss formulations, especially formulations targeted at improving Leptin levels and sensitivity.

Green Tea (Leaf) – Camellia Sinensis

Standardized Extract to 98% Polyphenols, 45% EGCG

Dose – 500mg twice per day

Green tea (Camellia Sinensis) is a plant frequently steeped in hot water and consumed as tea. Tea consumption has its legendary origins dating back more than 4,000 years. It is believed that green tea was first brewed in 2737 BC during the reign of Emperor Shennong.

Over the years, dozens of research studies on green tea have suggested it to benefit almost every organ in the body. It's suggested to possess cardioprotective, neuroprotective, anti-obesity, anti-carcinogenic, anti-diabetic, anti-atherogenic properties. These beneficial effects are seen in doses present both in green tea itself (as a drink) as well as in the more potent supplemental form.



Most of green tea's benefits seem to come through the variety of enzymes, amino acids, carbohydrates, lipids, and sterols found within it. The most studied and most potent components are the water-soluble polyphenols (frequently referred to as catechins) extracted from the leaves.

The most important polyphenols found in green tea include epigallocatechin gallate (EGCG), epigallocatechin, epicatechin gallate, and epicatechin. There are also flavanols such as kaempferol, quercetin, and myricetin which have added health promoting effects.

We will focus on the catechins as they provide the metabolic and fat burning benefit we're interested in. Green tea catechins are associated with decreasing fasting blood glucose, a decrease in insulin secretion, anti-inflammatory properties and having fat burning properties.

“Increase calorie burning by 400% in just 30 minutes.”

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Green tea extract can be found in many weight loss pills, but unless the way it has been extracted is specified many products labeled “green tea extract” can be as simple as a capsule of crushed tea leaves or as complex as a highly potent dose of polyphenols. Therefore, you have to do your homework to know if you’re getting a quality high potent extract with real metabolic effects or just an expensive pill full of raw tea leaves.

Research on the fat-burning effects of high potency extracts of green tea seem promising—as an example research on a standardized extract of green tea providing 45% EGCG (the most metabolically active catechin) and 98% polyphenols has been attributed to 130% greater weight loss, a decrease of 7.5% in waist circumference, a 2-fold increase in metabolism, and a 26x increase in fat loss versus those taking a placebo pill!

“130% greater weight loss and a decrease of 7.5% in waist circumference.”

This short list of the big 2 fat burning herbs gives you the exact extract you are looking for as well as the benefits you can expect to see if you take them as directed.

The only formula on the market I know of that includes each of these herbs, with the correct extract at the correct dose is VFX Body. I created this supplement from the ground up and I can vouch for its quality.

If you want to reap the fat burning rewards of these 2 powerful herbs, then I recommend you pick up the VFX Body formula. It has each ingredient at the effective daily dose and is made at the highest quality.

You can find it here:

[Click Here](#) **>>GET VFX Body<<** [Click Here](#)



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