

BLAZE

PRODUCT INGREDIENT BENEFITS

Vitamin C:

Vitamin C may lower the risk for some cancers, including those of the stomach, esophagus, mouth and breast. Long-term use of supplemental vitamin C may protect against cataracts. It helps make collagen, a connective tissue that knits together wounds and supports blood vessel walls. In addition, it helps make the neurotransmitters serotonin and norepinephrine, thus increasing alertness and well-being. Vitamin C acts as an antioxidant, neutralizing unstable molecules that can damage cells and boosts the immune system.³

Vitamin B6:

The family of B vitamins, which are also known as B complex vitamins, plays an important role in converting food into energy and helping the body metabolize fats and proteins. B6 aids in lowering homocysteine levels and may reduce the risk of heart disease. This vitamin helps convert tryptophan to niacin and serotonin, a neurotransmitter that plays key roles in sleep, appetite, and moods. It helps make red blood cells and Influences cognitive abilities and immune function.³ In addition, Vitamin B6 is important for digestive, immune, nervous system and cardiovascular function.

Vitamin B12:

Some people, particularly older adults, are deficient in vitamin B12 due to having trouble absorbing this vitamin from food. A lack of vitamin B12 can cause dementia, memory loss and numbness in the arms and legs. This vitamin aids in lowering homocysteine levels (*linked to heart attack and stroke through plaque formation in arteries*) and may lower the risk of heart disease. In addition, vitamin B12 assists in making new cells, to include red blood cells, and breaking down some fatty acids and amino acids, and protects nerve cells and encourages their normal growth.³

African Mango (as *Irvingia Gabonensis*):

Technically known in the scientific world as *Irvingia Gabonensis*, native Africans have used African Mango for centuries for its health benefits. It is clinically proven to lower cholesterol and significantly reduces total blood cholesterol. It is proven to have effective thermogenic powers that burn fat, boost the metabolism, suppress appetite,

increase energy, reduce visceral fat, improve blood sugar and cholesterol levels, and detoxify the body.⁷

Every capsule contains 150mg of Irvingia Gabonensis, a proven effective dose for weight loss.

Green Tea Extract (as 95% Poly 40% EGCG):

For many centuries, green tea has been appreciated for its ability to accelerate fat burning, suppress the appetite, and increase metabolic rate. Green tea extract has undergone rigorous testing and it has been determined that it can reduce body fat and weight. It also contains antioxidants, sharpens mental acuity, and improves cardiovascular health due to its anti-inflammatory properties.⁵

Caralluma Fimbriata:

This succulent plant has been consumed in India for centuries. It has been used as a hunger suppressant and thirst quencher for **hunters**. Quite often, the people would only pack this to keep them fueled and energized on their daily excursions. Traditionally, Indian tribes chewed chunks of caralluma to keep from being hungry during a long hunt. These days, it can be delivered through an extract from the plant and delivered in supplement form. Caralluma Fimbriata is one of nature's most powerful appetite suppressants.⁹ Caralluma also aids in weight loss as it is actually able to fight fat cells. The extract made of this plant doesn't allow for pre-fat cells to properly develop and turn into fat cells.

Caffeine (Anhydrous)

Caffeine improves reaction time, vigilance and logical reasoning during extended periods with restricted opportunities for sleep.⁴ After in-depth review over the past 15 years, it was shown that caffeine intake between 38 to 400mg per day could maximize benefit and minimize risk in relation to mood, cognitive function, performance and hydration.¹⁰ Caffeine has been shown to enhance long-term memory.² In addition, there may also be an association between caffeine consumption and lower risk of suicide.⁶

Anhydrous caffeine is simply dehydrated caffeine – anhydrous means “without water.”

Raspberry Ketone:

Raspberry ketone is a natural substance that gives red raspberries their powerful aroma. This substance has been found to improve the breakdown of fat and make the fat cells release more of the hormone adiponectin. Adiponectin is a hormone that is released by fat cells and plays a role in regulating metabolism and blood sugar levels.

Overweight people have much less adiponectin than thin people, thus this hormone will promote weight loss. There has been some evidence to suggest that raspberry ketone may be useful for improving skin elasticity and promoting hair growth, as well as for treating obesity and stimulating weight loss.¹¹

Cayenne (as Capsicum Annum) 40 M H U

Cayenne is capable of increasing metabolism and naturally breaking down fat quicker. Capsaicin is the active component; it has been extensively tested and documented to decrease the appetite, reduce high blood pressure, boost energy, and help the body get rid of bad cholesterol. In addition, capsicum may assist in overcoming a sore throat, tonsil inflammation, stomach and intestine disorders, heart disorders and skin conditions.¹

Gugulipid 2.5% Guggulsterones

Since ancient times, the Indian myrrh tree has been appreciated for health enhancing properties that its extract offers. Guggulsterones are the active component in the extract; they are effective at maintaining normal levels of thyroid hormones to aid in weight loss and the fight against obesity. It is also proven to be effective at lowering bad cholesterol levels and offering anti-inflammatory properties.¹²

BioPerine (Black Pepper)

Black pepper extract has a positive effect on absorption of nutrients from the intestine. This effect is known as "bioenhancement.". Piperine may be useful for people who suffer from conditions that cause malabsorption of nutrients and people suffering from malnutrition. Black pepper has been used for centuries to treat gastrointestinal distress, inflammation, pain and other disorders.⁸

References

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