

dietmasters

COMPLETE NUTRITIONAL PROGRAMS AND PRODUCTS

Thermo X (ephedra free)



Overview - **page 1 of 2**

No Minimum Orders!

Our Thermo X is a unique, ephedra-free combination of herbs and nutrients formulated to support healthy energy levels and healthy weight maintenance. See below for more information on the specific ingredients in this product. Thermo X is also available in 60 count vegetarian tablets.

Garcinia Cambogia

Garcinia is a large tree found in many areas of tropical Asia, whose fruit has been used as food for centuries. The small yellow, red, or purple fruits have a distinct, sweet, acidic flavor; however, when fully ripened it is too acidic to eat. Traditional Ayurvedic practitioners believe that sour flavors activate digestion, so Garcinia has been widely used for this purpose for centuries.

Researchers theorize that HCA, or hydroxycitric acid, is the active constituent in Garcinia. Studies indicate that HCA may support healthy cholesterol balance, healthy appetite, healthy weight maintenance, and the healthy conversion of carbohydrates to fat.

Green Tea

Green tea contains several compounds that have antioxidant and potential thermogenic properties. The active constituents are the polyphenols called catechins and tannins. The catechin epigallocatechin gallate (EGCG) may be a much more potent antioxidant than both Vitamin C and E.

Guarana Seed Extract

Guarana (pronounced gwa-ra-naa) is a berry that grows in Venezuela and the northern parts of Brazil. The name comes from the Guarani tribe that lives in Brazil. Guarana plays a very important role in their culture, as this herb is believed to be a magical cure for bowel complaints and a way to regain strength. They also tell the story of a 'Divine Child' that was killed by a serpent and whose eyes gave birth to this plant. Guarana's biological name, Paullinia Cupana, was taken from the German medical botanist C.F. Paullini, who discovered the tribe and the plant in the 18th century. The taste of Guarana is distinctive and unique and the main reason for its success in Brazil as a soft drink. The main ingredient of Guarana is Guaranine, which is chemically identical to caffeine. This is the reason for the energy boost people get after taking Guarana.

Citrus Aurantium

Citrus Aurantium is widely used for stimulating the breakdown of fat by causing the release of noradrenaline (a stress hormone) at beta-3 receptor sites creating chemical reactions that increase fat breakdown. Beta-3 receptors in the body increase the rate at which fat is released from the body stores (lipolysis) and increase resting metabolic rate (thermogenesis). Physical activity will increase this thermogenic effect and further enhance the thermogenic effect of Citrus Aurantium towards healthy and permanent weight loss.

dietmasters

COMPLETE NUTRITIONAL PROGRAMS AND PRODUCTS

Thermo X (ephedra free)



Overview - **Page 2 of 2**

Panax Ginseng

Ginseng is considered to be an adaptogen (a therapeutic and restorative tonic generally considered to produce a balancing effect on the body) and is believed to have many tonic properties. Panax Ginseng plant has been used for thousands of years in Traditional Chinese Medicine. The plant part used is the root and the active constituents are ginsenosides.

White Willow Bark

White Willow (*Salix alba*) is a tall tree that thrives in damp areas and is native to Europe. It is most famous as the original source of salicylic acid which is the precursor to aspirin. White Willow has been used since ancient times for its pain relieving and fever reducing properties, and has regained prominence in modern times as an alternative to synthetic forms of aspirin. White Willow is also thought to help support a healthy inflammatory response.

Bee Pollen

Wholegrain Bee Pollen is a superbly nutritious product collected by honeybees from the beehive and used world-wide as an energy boosting supplement. Bee Pollen is not just about energy however. Providing a vast array of vitamins and minerals, Bee Pollen may provide a tremendous range of health benefits. It is used to suppress food, nicotine, and caffeine cravings, regulate weight, combat allergies, and fight chronic fatigue. Bee Pollen may also help reduce the effects of stress and aid digestive system function.

Vanadium

Vanadium is a trace mineral that was discovered to be essential to human nutrition in the 1970's. Recently, it has gained attention because it may support healthy blood sugar balance. Vanadium may also play a role in building strong bones and teeth, and it may support healthy cholesterol levels.

Recommended Dosage

Take 1 tablet, one to two times daily one hour before meals.

Cautions: If you are pregnant or lactating, consult your health care practitioner prior using this product.

No Minimum Orders!