

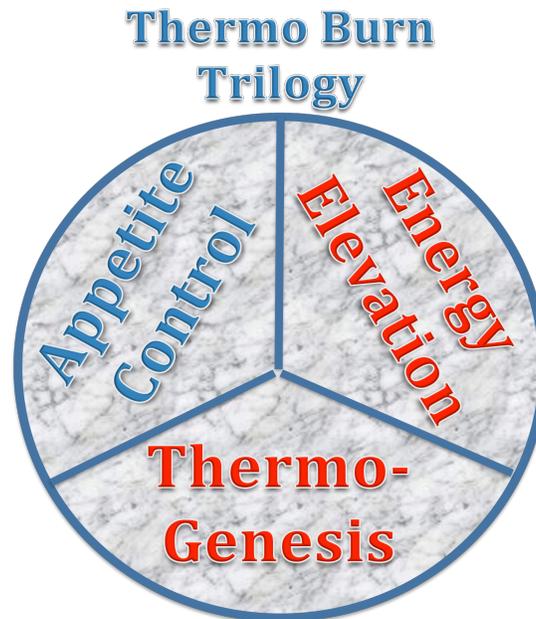
A gem cannot be polished without friction, nor a man perfected without trials.
-Attributed to Lucius Annaeus Seneca, stoic philosopher

It's time to polish your physique: Strip the body fat and reveal the muscularity you've earned through years of brutal and focused effort. Just as you left no stone unturned in filling out and balancing your frame with quality muscle, you'll only accept the best **nutritional tools** when it comes to attaining the extraordinary leanness that displays your physique at its finest. **That's exactly what you've found in Thermo Burn.**

Total Body Fat Annihilation... The Thermo Burn is Coming!

Thermo Burn takes a three-fold approach to turbo-charge your efforts to absolutely and utterly **demolish body fat**. We've created a trilogy of synergistic supplement combinations to control appetite and enhance mood, improve subjective feelings of "energy" and, of course, promote thermogenesis and thus body fat oxidation*:

- **Appetite Control:** Theacrine, cocoa extract and alpha GPC.
- **Energy Elevation:** Caffeine and *Rhodiola rosea*
- **Thermogenesis:** Cayenne pepper fruit extract and bioperine.



Appetite Control

The Appetite Control blend focuses on improving mood, controlling your appetite and bolstering your energy levels over the long haul of your fat-loss diet.

- Thermo Burn contains what may be the "cleanest" over-the-counter "stimulant" of them all: **Theacrine** (as 125mg of [TeaCrine®](#) per dose). Theacrine improves mood, focus, subjective feelings of energy, and

- motivation to exercise, but actually **decreases anxiety**¹. Even after months of daily use (300mg), [TeaCrine®](#) does not lose its effectiveness or hook you into a nasty habit² [which often happens with caffeine^{3,4}]. [On the other hand, co-administering [TeaCrine®](#) **with** caffeine (see below) may actually prevent de-sensitization⁵.]
- To synergize with [TeaCrine®](#), we've also included 275mg of [Chocamine®](#), a **cocoa extract** standardized with mood-boosting **theobromine**⁶⁻⁸. [While [Chocamine®](#) may owe its mood altering effects to its methylxanthine content⁹, cocoa extract has additional health benefits that stem from to its anti-oxidant and anti-inflammatory properties¹⁰⁻¹².] Like theacrine, theobromine also blocks the adenosine receptor^{13,14} and [Chocamine®](#) may synergistically stimulate fat oxidation¹⁵ in combination with L-leucine [the essential amino acid you certainly shouldn't skimp on when dieting down¹⁶].
 - To keep your cognitive powers even more on point, we've included 50mg of **Alpha-Glycerol Phosphoryl Choline** (Alpha GPC from [AlphaSize®](#)) in each serving. Alpha GPC provides substrate for synthesis of the neurotransmitter acetylcholine, enhances memory and learning in animals, and may treat a variety of cognitive disorders¹⁷. While the acute effects of choline supplementation may not be obvious^{18,19}, don't give up on it. Chronic supplementation (~1 week or so) may improve cognition²⁰ and even enhance strength²¹ (neurologically). (Can you imagine getting both "smarter" and stronger the longer you diet?...)

Energy Elevation

- Naturally, we've included perhaps the world's most popular^{22,23} energy booster²⁴ in the form of **caffeine** [caffeine anhydrous (100 mg) and dicaffeine malate (as [Infinergy™](#); 34 mg)]. Caffeine has a wide variety of ergogenic effects^{3,25} and is both thermogenic²⁶, and lipolytic²⁷, making it a viable staple for any fat loss regimen. The small dose of **theobromine** in [Chocamine®](#) (see above) might also counterbalance caffeine's hypertensive (blood pressure elevating) effect^{28,29} and synergize with caffeine to promote arousal⁹.
- **Rhodiola rosea** is an emerging adaptogen with revered anti-fatigue and ergogenic actions^{30,31}. Two daily doses of Thermo Burn deliver 130mg of *Rhodiola rosea* extract (≥3% total Rosavins and ≥1% Salidroside), enough to significantly reduce mental fatigue and improve cognitive performance and sense of well-being when life's stresses seem overwhelming. Take it from some of the most cognitively stressed people on the planet: Physicians working night shifts³² and medical students enduring exams³³.

Thermogenesis

- To spice up your metabolism in a way you may never have, we've included **cayenne pepper** (*Capsicum Annum*) fruit extract (as 50mg [Capsimax®](#) per dose). The capsaicinoids in Capsimax® act via receptors in the brain to fire up the sympathetic nervous system³⁴. This elevates metabolic rate via thermogenesis^{35,36} and may even promote the development of new brown fat

cells, a form of energy dissipating adipose tissue that exists in humans³⁷⁻⁴¹. Even the small amount of Capsimax™ (100mg total) in the recommended two daily doses of Thermo Burn is enough to increase lipolysis both at rest and during exercise⁴².

- When it comes to many dietary supplements, bioavailability (absorption) is the name of the game. Thus, Thermo Burn contains 2.5mg of [Bioperine®](#), a black pepper extract containing 95+% **piperine** [which itself may even be thermogenic^{43,44}]. By inhibiting p-glycoprotein's actions⁴⁵ and preventing glucuronidation in the gut⁴⁶, **piperine** diminishes the intestinal barrier for many substances⁴⁷ and makes them more lipid soluble (and thus able to traverse lipid membranes). Indeed, piperine has a good record of increasing bioavailability of drugs and supplements⁴⁵, including curcumin⁴⁸, beta-carotene⁴⁹, resveratrol⁵⁰, iron⁵¹, selenium⁵² and CoQ₁₀⁵³.

Disclaimer: Responses to alkaloid stimulants like caffeine are variable^{7,54}. *Rhodiola rosea*^{55,56} and piperine⁴⁵ may interact with enzymes involved with drug metabolism.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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