

Do you want to lose weight without exercising? Well, green coffee beans are one of the best options because it helps people burn fat without any side effects!

Uses

- High blood pressure (hypertension). Some research shows that people with mild high blood pressure who take a specific green coffee extract (Svetol, Naturex) 93 mg daily or 185 mg daily have reduced blood pressure after 28 days of treatment. Other studies evaluating the effects of a different green coffee extract or a certain component of green coffee found similar results.
- Weight loss. Some research shows that taking green coffee extract (Svetol, Naturex) 80-200 mg daily might cause modest weight loss over a period of 12 weeks. However, the research so far is preliminary and poor quality.

Special Precautions & Warnings:

Pregnancy and breast-feeding: There isn't enough reliable information about the safety of taking green coffee if you are pregnant or breast feeding. Stay on the safe side and avoid use.

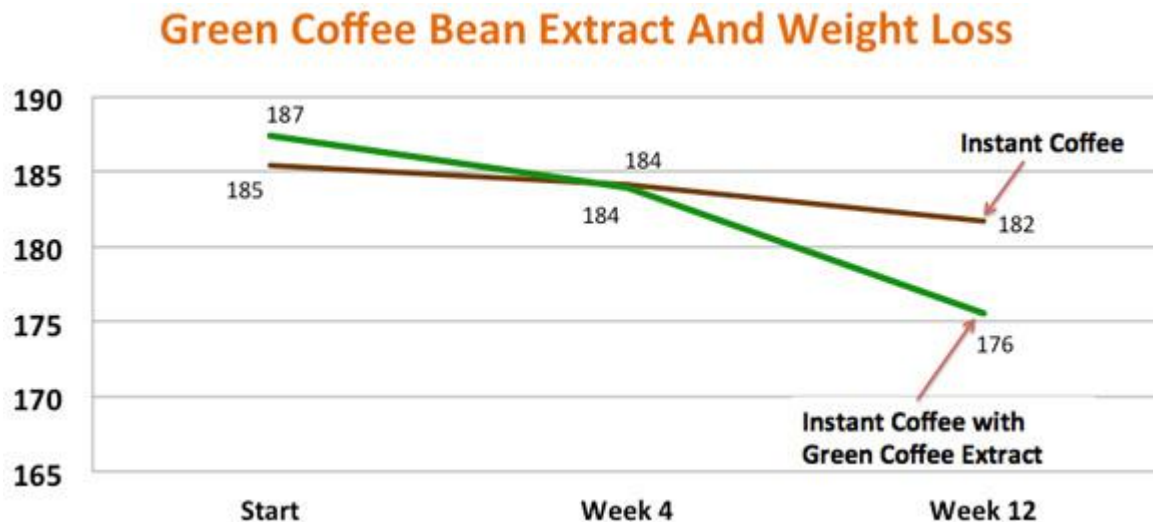
What do The Human Studies Say?



- There have been several human studies on Green Coffee Bean Extract.
- These studies are so-called randomized controlled trials, which are the gold standard of scientific experiments in humans.
- One of them included 30 overweight individuals and went on for 12 weeks.

- There were two groups... one consumed regular Instant coffee, while the other consumed Instant coffee enriched with 200 mg of Green Coffee Bean Extract.
- Neither group was instructed to change their diet or exercise habits.

This graph shows the weight changes in the two groups, from 0-12 weeks:



As you can see, the group taking the instant coffee with green coffee bean extract lost 11.9 pounds (5.4 kg), while the group taking plain instant coffee lost only 3.7 pounds (1.7 kg).

Body fat percentage also went down by 3.6% in the green coffee extract group, compared to 0.7% in the other group.

Green coffee bean is not a stimulant so it doesn't make you jittery and nervous and raise your heart rate like roasted coffee or ephedra (Chinese herb for weight loss).

In fact, the green coffee bean has actually shown in some studies to help lower blood pressure – while still boosting metabolism. The key ingredient in the green coffee bean is a very important natural active compound called chlorogenic acid, which works by inhibiting the release of glucose in the body, while at the same time boosting the metabolism or the 'burning' of fat in the liver.

Bottom Line: Green coffee bean extract may improve glucose metabolism and reduce blood pressure. This may have benefits for people who are at high risk of diabetes and heart disease.