



The "Muscle Nerd's" Personal "Fat Burner" Recipe

Goal: Burn Body Fat And Improve Overall Health, Vitality, & Energy

Supplement Recipe Ingredients:	Formula 1 (Once/Day): <ul style="list-style-type: none">• Green Tea Extract: 300 mg EGCG• Caffeine Anhydrous: 200 mg Formula 2 (3 Times/Day): <ul style="list-style-type: none">• Conjugated Linoleic Acid: 1 g x 3• Carnitine: 1 g x 3• Fish Oil/Omega 3<ul style="list-style-type: none">• (Containing 180mg EPA/120mg DHA): 1 g x 3• Organic Flax Oil: 1 tsp x 3
Supplement Recipe Directions:	Sometime in the morning, after a meal, consume 1 capsule Green Tea Extract with either 200 mg tablet Caffeine or one 8oz cup of coffee (no sugar) with 100 mg powdered Caffeine Anhydrous dissolved in it In 3 meals spread throughout the day (e.g. – morning, afternoon, evening), consume 1 dose each of all Formula 2 ingredients.
Approximate 30-Day Cost For Formula:	Approximately \$17.48 Per Month!* <small>*Based upon recommended dosages; does not include shipping costs</small>

Recipe Goal: Burning off body fat is a combination of several functions within the body that require not only fat oxidation, but also optimum cellular function and hormonal stabilization.

The formula I've created here uses proven ingredients that attack body fat from several different directions and help you burn fat all day long.

This is the personal formula I use when I diet down for photo shoots and the beach!

Homemade Supplement Secrets - Bonus Edition

Why This Formula Works: “*Fat Burner*” supplements are the most over-marketed and misunderstood compounds on the market.

Often focused solely on simple explanations (“Trust us...it just blasts away the fat!”), for supplements to truly aid in fat loss, they must address several different functions of the body that make the breakdown and use of fat possible to begin with.

At the very basic level, fat burning happens at the CELLULAR level, relying on your cells’ mitochondria (they’re the little “furnaces” inside the cells) to process the energy in food.

However, between the ages of 20 and 60, your mitochondrial capacity to produce energy decreases by about 50%...which is one of the main reasons why we gain weight easier as we age.

To make matters worse, the energy production process produces damaging “free radicals” that also cause damage to your cells and mitochondria.

In the end, if the mitochondria can’t efficiently process food for the release of energy, then your body simply stores it as fat.

One German study tested my Formula 1 combination effectiveness by comparing the rates of fat burning using 3 groups supplementing with:

- 300 mg EGCG
- 600 mg EGCG
- 300 mg EGCG + 200 mg Caffeine

The study revealed enhanced fat burning in all 3 groups (interestingly, there wasn’t much difference between the 600 mg EGCG group and the 300 mg) and the highest amount of fat oxidation occurred in the 300 mg EGCG plus Caffeine.

This 2-part formula focuses on supporting your cellular mitochondria to help it run at peak performance so it can do what it was designed to do...USE the energy in food instead of storing it around your waist and allowing your cells to function properly for the processing of body fat for fuel.

The addition of “essential fats” has been proven to help REDUCE body fat, even in the absence of exercise, and support proper cellular structure.

Supplementation with essential fats are important as the body is not capable of making them itself. They must be obtained from the diet or through supplements.

Bonus Supplement Formula – “Fat Burner”

Primary Active Ingredients Breakdown And How They Fit Into The Formula:

Green Tea Extract

- Contains a potent antioxidant called epigallocatechin gallate (EGCG) that is estimated to be 100 times more effective than Vitamin C and 25 times more effective than Vitamin E at protecting cells from free radical damage.
- One of the most “proven” fat loss aids available with credible research behind it.
- Has been shown to dramatically increase antioxidant levels
- May also be useful in glucose regulation, effectively slowing the rise in blood sugar following a meal.
- Find a “standardized” for approximately 300 mg EGCG (will show on label)

Caffeine Anhydrous:

- Adrenal stimulant that enhances mental alertness and reduces fatigue.
- Included in most fat-burning supplements for the purpose of increasing the level of circulating fatty acids, which has been shown to increase the oxidation of fat.
- Studies with caffeine at doses of 150 mg – 200 mg have resulted in a significant elevation in resting energy expenditure, heart rate and blood pressure but this increase is negligible in terms of weight loss when used alone. Combined with Green Tea Extract, results have shown increased metabolic function.

Conjugated Linoleic Acid (CLA):

- A naturally occurring free fatty acid found mainly in meat and dairy products
- Helps speed up the body’s fat metabolism so more fat gets flushed out of the system instead of getting deposited in our cells.

Homemade Supplement Secrets - Bonus Edition

- Aids in metabolizing existing body fat deposits.
- Aids in lean muscle growth, which in turn also increases fat metabolism.
- Early results from a two year trial on CLA has shown that after one year of supplementation with 3.4 g per day reduced body fat by 9% and increased lean muscle mass by 2%.

Carnitine:

- Controls the transport of fats to the cells' mitochondria to be burned for fuel.
- As weight loss programs breakdown fat, there is an increased demand for carnitine to carry fat to the cells for use and supplementation can provide the additional support.

Fish Oil/Omega 3:

- "Healthy fats" that lower blood fats, increase insulin sensitivity, and form parts of the structures of your brain, eyes, adrenal glands, even the membranes that surround and protect your cells.
- Examples of supplemental Omega-3's are fish oil derived mainly from cod, salmon, sardine, or anchovie.
- Composed to two main Omega-3's called EPA and DHA that help to increase oxygen use in the body and reduce body fat levels.
- Help to reduce the risk of heart attack and stroke.

Organic Flax Oil:

- The richest source of Omega 3 essential fatty acids (compare olive oil = 0%; canola oil = 7%; soy oil = 9%; **flax oil = 58%!)**
- Considered one of the richest food sources of alpha-linolenic acid, an omega-3 fatty acid, which is required for the structural integrity of cell membranes

Bonus Supplement Formula – "Fat Burner"