

Coffee Bean Extract Delivers Weight Loss Results

(NAPSA)—Most people recognize that coffee is a great way to wake up and focus in the morning, but what many may not know is that an extract derived from the coffee bean can also be an effective way to maintain healthy glucose levels already within normal range and lose weight.

The young, green coffee bean contains seeds that have a higher amount of antioxidants than dark berries like acai and blueberries. But the coffee you drink is roasted and the roasting process destroys most of the beneficial antioxidants.

To actually benefit from coffee, especially for weight loss, scientists have found that it's best to extract the essence of the green coffee bean—those potent antioxidants. One in particular is called chlorogenic acid. This powerful antioxidant minimizes blood sugar spikes after a meal and results in improved sugar metabolism.

In a recent study, subjects took a high dose of green coffee bean extract standardized to 50 percent chlorogenic acid for six weeks, a lower dose for six weeks and then a placebo for six weeks.

Scientists reported that although there were no changes in calorie intake or exercise over the trial, all subjects experienced an impressive reduction in body weight, BMI and body fat when taking the coffee extract with chlorogenic acid.



Many people have found that taking green coffee bean extract can help them lose weight.

After just 12 weeks of administering 350 mg green coffee bean extract three times a day over the course of the study, the scientists found that:

- Weight decreased by over 17 pounds on average—with some subjects losing more than 22 pounds;
- BMI decreased by an average of almost 3;
- Body fat decreased by an average of 4 percent, with some subjects losing 6 percent of their body fat.

A follow-up study showed that 87.5 percent of the test subjects were able to maintain their weight loss after completing the study, a much better result than is observed with diets that involve dramatic dietary restrictions. No side effects were observed.

Whatever the mechanism through which green coffee bean extract delivers its beneficial effects, it substantially reduces body weight and body fat—even without a change in exercise or calorie consumption. But remember, the key antioxidant to an effective green coffee extract is chlorogenic acid.

However, even if you're not trying to lose weight, minimizing post-meal sugar spikes is important to your overall health. CoffeeGenic Green Coffee Extract 400 mg from Life Extension was shown to induce a 24 percent drop in after-meal blood sugar after 30 minutes, while 200 mg generated a 14 percent drop.

The green coffee bean extract that Life Extension® uses contains the important chlorogenic acid—the antioxidant that inhibits excess glucose in the blood. Chlorogenic acid targets the alpha-glucosidase enzyme. This intestinal enzyme breaks apart complex sugars and enhances their absorption into the bloodstream.

The vegetarian capsules are made from coffee beans that are organically grown. For optimal benefit, one capsule should be taken before heavy meals. This supplement should be taken in conjunction with a healthy diet and regular exercise program. Results may vary.

For more information about CoffeeGenic Green Coffee Extract and where to buy it, visit www.lifeextension.com/gce.