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FAT BURNERS

Bio-Synergys comprehensive guide to Fat Burners. In this short guide we explain what Fat Burners are and how to use it to your advantage to take your training to the next level.



FAT BURNERS



You need more than weight training and cardio workouts to create a toned, attractive body shape. The final piece of the puzzle is perhaps the most important – your nutrition. A successful weight loss plan must focus on creating a calorie deficit – burning off more energy than you take in. At Bio-Synergy, we believe this should be a gentle, gradual process that includes a nutritionally balanced diet, supported by supplements that make your journey easier and faster.

While losing weight and burning off body fat can be a slow, frustrating process, it's not impossible. With determination, a smart plan and some help from our expertly developed fat burners and calorie-conscious protein, you can achieve your weight loss goals. Check out our range for all the ways we can help you.

Body Perfect is our award-winning fat burner, voted number one by readers of Women's Fitness. Skinny Protein contains a blend of essential nutrients including protein, vitamins and green tea to help mobilise fat and boost your energy levels. You could also try our remarkably popular Skinny Water – a zero-calorie, lightly sparkling water in a variety of juicy flavours.



TOTAL NRG \$2.50

Bio-Synergy's sweet, spicy magnesium. Take with the listed items in health, fitness and nutrition. Contains iodine and the full spectrum of amino acids and much, much more.

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BUT HOW DOES IT WORK?

Supports a process called thermogenesis, or the process of burning calories to be released as heat.

All the weight training, cardio training and endless sets of reps will not create a lean, toned physique without a well managed nutritional regime. Any fat loss programme needs to include a focus on decreasing calorific intake while increasing calorific expenditure (eating less and exercising more).

To burn fat we must create what is known as an 'energy deficit' (the result of eating less and exercising more). When this occurs, your body is forced to break down and use its stored energy (body fat) for fuel to make up for the 'energy deficit'. This process of releasing and burning stored body fat is called lipolysis.

Some natural ingredients work by interacting with certain receptors on fat cells which signal the release of stored fat.

This interaction may help to accelerate the process of lipolysis (or the release of fat to be burned as energy). There is one other factor involved in the fat-loss battle, which is the tendency for your body to slow down its metabolism to compensate for the energy deficit. Simply put, your body is trying to conserve energy (its fat stores) because it thinks that it is starving. This is one reason why some dieters 'hit the wall' and seem to plateau once they reach a certain body fat %. To overcome this problem, we can use supplements to

'rev' up the metabolism to keep the fat-burning process continuing.

One way to speed the metabolism is through supplements that have thermogenic effects. This term means 'heat producing'. Taking a thermogenic agent may speed up the metabolism (more calories burned) which results in an elevation of one's core body temperature. Think of a thermogenic as a heating agent, one that creates similar effects as when you eat spicy foods. This type of product supports a process called thermogenesis, or the process of burning calories to be released as heat.

There are many substances that provide thermogenic and metabolic-enhancing effects. One of the most widely recognised thermogenic substances is caffeine. The caffeine used in thermogenic products is usually pure caffeine in a dried form and may be more potent than that found in coffee.



ACTIVEMAN THERMOLEAN

Developed in 2014 with two-time Olympic Gold Medallist James Cracknell, who wanted a product to help “chop the wood and reduce the timber” he cited that Bradley Wiggins Tour de France victory was in no small part a result of a reduction in body fat whilst maintaining lean muscle mass and power and wanted a product to achieve this.

Thermolean combines a selection of the best and well-researched ingredients to assist with maintaining a leaner physique whilst attacking fat from all angles.

Taking a closer look at these ingredients we can see that this is a unique and comprehensive powerful blend.

Calcium has long been associated with energy metabolism. Studies conducted have been able to clearly highlight this.

Zinc like calcium can have beneficial effects on energy metabolism. Reports have shown that individuals tend to have low levels of circulating zinc in their bodies. Therefore, boosting dietary zinc can be beneficial.

Copper is a big player in this formula. Copper not only helps the normal transport of iron in the body but it also protects other cells, contributes to the function of the immune system keeping you fit and healthy.

Chromium has been shown to reduce sugar cravings & maintain blood sugar levels which can have a positive effect on weight. Supplementing chromium

into your diet can reduce fat mass, increase lean body mass and weight loss according to the University of Pittsburgh Medical Center.

Green coffee & Green Tea pack a punch when it comes to boosting your metabolism and fat burning. Due to them both containing a source caffeine they are able to increase the overall temperature of your body resulting in more calories being burnt.

Caffeine has long been linked to aiding weight loss. A study by Plantega et al 2005 identified that caffeine supplementation was associated with weight loss through thermogenesis after a 4 week study providing 76 overweight as little as 150 milligrams of caffeine per day

Cinnamon too, much like chromium, has been shown to help reduce blood sugar levels.

Alpha lipoic acid has been shown to regulate blood sugar levels aiding in weight loss. It is a compound found naturally inside every cell in the body. It's needed by the body to produce the energy for our body's normal functions.

Choline is a water-soluble B vitamin that has been shown to help with the metabolism of fat in the body. It is commonly insufficient in everyday diet. It can also improve the cardiovascular function of the body.





BODY PERFECT

Body Perfect since its launch in 2002 has been used by hundreds of thousands of people to support their weight loss goals.

Body Perfect is an award winning product, voted No.1 by readers of Women's Fitness and receiving an 8* rating from the Daily Mail among others. Include Body Perfect capsules in your weight loss regime and they will support you to achieve your goal.

Body Perfect is quality supplement incorporating well known and research supported ingredients. In addition to

serving as an excellent supplement for those who want to lose a few pounds, Bio-Synergy Body Perfect can be used as a tool for those who are competing in endurance races and are looking to reach their target weight.

Body Perfect contains the highest quality ingredients & herbal extracts, including green tea, caffeine with guarana and l-tyrosine which are supported by extensive research to aid fat loss goals in conjunction with a balanced diet and regular exercise.

DEFINE

Have you got to a stage where you are not seeing those final few pounds fall off? If so Define will ignite your metabolism and shed that unwanted weight.

This supplement will give your metabolism a powerful boost combining a powerful concentration of green tea extract, Konjaac mannan, caffeine and chromium.

Looking at these ingredients in more detail we can see a pattern in how they all play an important role in helping to control cravings and provide you with a lean and toned physique.

In addition to women who casually attend the gym and want to stay fit

and healthy, Define can serve as an excellent tool to women who are training for an upcoming endurance or long distance event and are aiming to reach their target weight.

Konjac mannan is a unique ingredient as it acts as both an appetite suppressant and a carbohydrate blocker. Studies have been able to highlight that used in conjunction with a calorie controlled diet it can be a powerful ingredient in aiding weight loss.

Chromium that will help reduce your blood sugar levels whilst the Green Tea and Caffeine will allow you to metabolise and burn fat more efficiently.

SUPER 7 - SUPER BURN

Launched in 2014 the Super7 Nutrition uses a revolutionary blend of 7 ingredients to enhance your training and allow you to achieve a healthier and leaner physique.

Backed by science Super Burn uses ingredients that have been clinically proven to enhance your fat burning.

Magnesium is a great energy booster that allows your body to use energy more efficiently. Studies have helped reinforce this by identifying the positive effect magnesium has on energy metabolism which can result in fat loss.

Within this superior fat burner you will also find Chromium. Hard to come by in everyday diets reducing your body fat can be helped by supplementing this into your diet. It can have a positive effect on reducing blood sugar levels which also has an effect on cravings. The reduction in calories consumed inevitably results in a reduction in weight

Another ingredient key to aiding weight loss is Caffeine which is one of the most researched ingredients when it comes to showing its effects on reducing body weight. Caffeine helps raise the body's temperature which also helps burn more calories.

L-carnitine is a very popular ingredient when it comes to fat burners. Widely researched this can also help aid recovery and reduce fatigue.

Ginger is a fantastic stimulant on the metabolism which can aid digestion and help maintain a healthy cholesterol level and carries anti-inflammatory properties.

Copper is a fantastic addition as it will aid in the transportation of iron as well as contributing to a normal functioning nervous system.

Super Burn is a great product for fitness models who are looking to get stage ready as well as those anyone who is looking to shed those last few stubborn pounds before a gruelling endurance event.



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