



BE EXCELLENT

TECHNICAL DATA SHEET

Extreme Cut[®] 2.0 Burn Woman GoldNutrition[®]

Thermogenic Formula with Sinetrol[®]

FOOD SUPPLEMENT RECOMMENDED FOR:

- Maximum reduction in fat mass
 - Stimulate metabolism
 - Appetite control
 - Increase energy levels
-



Presentation: Bottle with 90 vegetable capsules
Reference: GN61337

Extreme Cut 2.0 Burn Woman GoldNutrition[®] brings the best ingredients, synergistically to help reduce fat and improve body composition. This new combination increases the stimulating and accelerating effect of metabolism through caffeine and green tea, optimizes sugar metabolism, reducing the accumulation of body fat. The presence of iodine favors the proper functioning of the thyroid, in order to increase energy levels. The main novelty of this formula is the parent ingredient Sinetrol[®] which increases the lipolytic capacity of the formula, further favoring the reduction of body fat.



BE EXCELLENT

TECHNICAL DATA SHEET

COMPOSITION:

Composition	Per dose (4 capsules)
Sinetrol®**	900 mg
Flavanones	180 mg
Green Tea extract	400 mg
EGCG	120 mg
Caffeine	200 mg
Bitter melon extract	200 mg
Horsetail extract	150 mg
Silicon	2 mg
Yerba mate extract	80 mg
Zinc	12 mg (115%*)
Chromium	200 µg (500%*)
Iodine	200 µg (133%*)

*NRV– Nutrient reference value. | **Sinetrol® is a property of Fytexia.

Ingredients List: Sinetrol® (*Citrus paradisi* (fruit), *Paullinia cupana* (seed), *Citrus sinensis* (fruit), maltodextrin – 20% flavonones), glazing agent (*E464*, *zinc oxide*), bulking agent (microcrystalline cellulose), *Camelia sinensis* (leaf, 60% catechins, 30% EGCG), caffeine anhydrous, *Momordica charantia* 4:1 (fruit), anti-caking agent (*E341*), *Equisetum arvense* (leaf, 1% silicon), *Ilex paraguariensis* (leaf, 0,5% caffeine), anti-caking agent (*E470b*), chromium picolinate, potassium iodide

HOW TO TAKE:

In the first week take 1 capsule at breakfast and 1 capsule at lunch. From the second week onwards take 2 capsules at breakfast and 2 at lunch.

It can be taken as a complement to a weight reduction / body fat plan, for a maximum continuous period of 3 months, after which the product should be paused if the objective has not been achieved.

WHY SHOULD YOU TAKE:

Thermogenic supplements are essentially intended to stimulate metabolism, in order to create a favorable state for the reduction of fat mass which will lead to an improvement in body composition.

WARNINGS:

- Not recommended during pregnancy, breastfeeding and for those under 18 years of age.
- Should not be consumed together with other products containing green tea. Should not be consumed on an empty stomach. Do not to consume a daily amount of more than 800 mg of EGCG.
- In case of diabetes, consult your health care assistant before taking this product.
- Not recommended for hypertensive, cardiac patients, in case of glaucoma, hyperthyroidism, or psychiatric illness.



BE EXCELLENT

TECHNICAL DATA SHEET

- Caffeine is a stimulant, it should be avoided in people with sleep disorders.

AVOID:

- Coffee, tea, energy drinks and stimulants.
- Other caffeine supplements.
- Not recommended for athletes undergoing doping control.

GOES WELL WITH:

- Always combine with diet and exercise.
- Fat mobilizers - L-Carnitine 3000 or Mega CLA
- Protein supplements - Total Whey, Total Hydro Whey, V-Protein.

HEALTH CLAIMS:

- Chromium contributes to maintaining normal blood glucose values and normal macronutrient metabolism.
- Iodine contributes to normal energy metabolism, adequate production of thyroid hormones and normal thyroid function.

INGREDIENT DESCRIPTION:

Green tea: Green tea is a thermogenic plant that stimulates the central nervous system and helps to speed up metabolism, allowing the body to have more energy and burn more fat, either at rest or during physical activity. Green tea polyphenols are responsible for the direct action of green tea on fat cells, inhibiting their formation and inducing the destruction of mature adipocytes by apoptosis¹. Studies have shown that the consumption of green tea with a high concentration of polyphenols and especially epigallocatechin gallate, favors a significant decrease in body weight, with a better maintenance of lost weight¹.

Bitter melon: *Momordica charantia*, or bitter melon, is a fruit popularly used to treat diabetes and hyperglycemia in Asia, South America, India and East Africa². Several studies show that this plant is able to reduce not only blood glucose levels, but also blood lipids, protect pancreatic beta cells and stimulate insulin sensitivity³. Recent studies have shown that bitter melon is a potent inhibitor of lipogenesis and stimulates lipolysis in human adipocytes⁴.

Yerba Mate: Yerba mate or *Ilex paraguariensis* is a green shrub native to South America, and has been widely used by the population of this region to maintain and control body weight. Several studies show that the use of this plant allows a reduction in the accumulation of new fat in adipocytes, a better control of appetite and a stimulation of basal metabolism⁵. Several tests carried out in weight control have shown that the combination of this plant with others such as guarana and damiana, has shown positive effects in reducing body weight⁶.

Horsetail: Horsetail or *Equisetum arvense* is a perennial plant common in the northern hemisphere. Records of its therapeutic use date back to ancient Greece and Rome. Its diuretic and draining action



BE EXCELLENT

TECHNICAL DATA SHEET

is attributed to its content of flavonoids and saponins. Due to these properties, this plant is widely used in diuretic formulas and as an adjunct to weight loss diets⁷.

Caffeine: Caffeine is a methylxanthine. Among the effects attributed to it is the ability to increase metabolism. Studies suggest that caffeine can stimulate thermogenesis by stimulating lipid metabolism, with an increase in lipolysis. This effect makes it possible to relate the consumption of caffeine with the decrease in body weight⁸. Studies show an increase in the basal metabolic rate, after the consumption of caffeine⁹, which allows a greater production of energy with an increase in caloric expenditure, which favors a decrease in body weight.

Chromium: Some studies indicate that chromium supplementation helps to improve insulin sensitivity and glycemic control, while attenuating weight gain and body fat accumulation¹⁰. Chromium supplementation can also help control meal volume and appetite. In a study where chromium supplementation was used for 8 weeks, there was a significant decrease in the size of the meal, the feeling of hunger and the need for carbohydrate intake¹¹. The EFSA (European Food Safety Agency) recently approved health claims for chromium, which indicate that “Chromium contributes to the normal metabolism of macronutrients and to maintain normal blood glucose values”^{12,13}.

Sinetrol® : This compound is a patented ingredient with a synergistic action of bioactive polyphenols known for their lipolytic action. Sinetrol®, through the stimulation of metabolism, contributes to the reduction of fat mass in order to improve body composition. Its synergistic action reduces oxidative stress and reduces the risk of metabolic problems associated with overweight and obesity¹⁴.

REFERENCES:

1. *Obesity Research* 2005, Vol. 13, N°6.
2. *B J Nutr* 2009, 102(12):1703-8.
3. *Endocr Metab Immune Disord Drug Targets* 2008; 8(2):99-111.
4. *BMC Complement Altern Med* 2010; 10:34.
5. *Lab Anim Res* 2012; 28(1):23-9.
6. *J Hum Nutr Diet* 2001; 14(3):243-50.
7. *Expanded Commission E*, American Botanical Council
8. *Am J Clin Nutr.* 2006 Mar;83(3):674-80.
9. *Altern Med Rev* 2005; 10(4):321-325.
10. *Diabetes Care* 2006; 29(8): 1826-32.
11. *Diabetes Technol Ther* 2008; 10(5):405-412
12. *EFSA Journal* 2010; 8(10):1732
13. *EFSA Journal* 2011; 9(6):2203
14. *Dalas C. et al.;Phytother. Res.,2014, 28(2):212-218*