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Fruit extracts for weight loss

Raspberyy Ketone - Pure Raspberry Kettle Extract. From one kilogram of fruit, extract 1 to 4 mg of raspberry ketone.

Raspberry has been used in perfumery, cosmetics and food since ancient times. It is one of the most expensive natural flavors in the food industry. Recommended by Dr. Oz, in numerous programs on dietary supplements, products that have this fruit in their composition are used in addition to weight loss. The estimated daily dose for a weight loss cure the efficacy is 0.42 mg / kg / day. This ingredient has no side effects because it is a fresh fruit extract. The effect is fat dissolving.

African Mango Extract - It is a fruit recommended by Dr. Oz, who considers him one of them the ingredients in daily dietary supplements to lose weight, because this fruit acts as a good fiber to remove cholesterol and fat from the body. Besides the fact that you can get a strong fat burning effect, significantly reduces appetite and reduces appetite.

Due to the diet with food supplements that contain this fruit the famous Oprah managed to lose 20 kg.

Garcinia Cambogia Extract - This fruit has been found in food for years because it contains 50% potassium as an active ingredient.

It is an option available as a natural extract if you want to burn fat efficiently. It is mostly used in India, because it works as a barrier against fat and cholesterol by suppressing appetite.

Artichoke extract - artichoke extract. Helps to lose weight and improves liver function. This extract is recommended in weight loss belts and in the treatment of fatty liver.

Artichoke is a good source of vitamin C, folic acid, fiber, magnesium and potassium.

The phytochemical it contains helps in good digestion by stimulating bile.

It improves the health of the skin, hair, nervous system and helps balance the level of fat in the blood.

Cassia Seed Extract - Cassia Seed Extract. The extract of these seeds protects the liver, being an eye tonic, kidneys and ball. It has a laxative, antiseptic, antifungal effect and also helps to reduce body mass.

Bitter Melon Extract - Bitter Melon Extract. Both the fruit and its seeds are also used in the pharmaceutical industry components of some medicines. It is used in the treatment of a large stomach affection, it helps to function well intestinal transit, acts against colic and constipation, in the treatment of diabetes, elimination of the kidney treatment of psoriasis.

It accelerates wound healing and heals skin infections.

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