

# THERMOLIFT MAX CAPLETS™

MAXIMUM-STRENGTH EPHEDRA WEIGHT LOSS  
& ENERGY COMPLEX FOR MEN & WOMEN

- USAGE GUIDANCE
- SUPPLEMENT FACTS
- INGREDIENT DETAILS
- SCIENTIFIC RESEARCH



Thermolift Max Caplets is a maximum-strength ephedra complex that was created for those who prefer caplets to capsules. Caplets are capable of delivering higher doses of active ingredients than capsules.

Because of its caplet form Thermolift Max Caplets offers the greatest amount of active weight loss and energy ingredients in milligrams per count of any Thermolift.com ephedra formula.

Thermolift Max Caplets is one of the most potent formulas ever for increased fat burning, elevated energy, increased fat blocking, reduced appetite and heightened mood. Improved digestion and cholesterol management are additional benefits of the use of this dietary supplement.



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## THERMOLIFT MAX CAPLETS USAGE GUIDANCE

On your first day with THERMOLIFT MAX CAPLETS we suggest only taking one capsule with a meal and at least 8 oz. of water; this can be at breakfast or lunch. If you feel you would like to experience more of the formula's effects, on your second day, try taking two capsules, either with breakfast or lunch.

Taking THERMOLIFT MAX CAPLETS after lunch time is not recommended as difficulty with sleep in the evening may occur. In general, to feel more effects, take THERMOLIFT MAX CAPLETS with smaller meals or between meals: to tone down the effects, take THERMOLIFT MAX CAPLETS with larger meals and more fluids like water or natural fruit and vegetable juices. For a real jump start to the day, you may try taking THERMOLIFT MAX CAPLETS on an empty stomach by skipping breakfast: but remember to get an adequate amount of liquids, be it from water, natural juices, coffee or tea.



## **SUGGESTED USE & WARNINGS**

Serving Size: (2) Caplets

Servings Per Container: 60

Suggested Use: Take 1 Serving Per Day

**WARNING:** Not for use by individuals under the age of 18 years. Do not use if you are pregnant or nursing. Individuals who are sensitive to the effects of caffeine should consult a licensed health care professional before consuming this product. Sale to persons 17 years of age or younger is prohibited. In case of accidental overdose, seek professional assistance or contact a poison control center immediately. Avoid alcohol while taking this product. Do not exceed recommended serving. Exceeding recommended serving may cause serious adverse health effects, including heart attack and stroke. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience rapid heartbeat, dizziness, severe headache, shortness of breath, or other similar symptoms. Improper use of this product may be hazardous to a person's health. Exceeding recommended serving will not improve results.

## SUPPLEMENT FACTS

Serving Size: 2 Caplets Servings Per Container: 60

	<b>AMOUNT PER SERVING</b>	<b>% DAILY VALUE</b>
Ephedra Extract	27mg	*
Citrus Aurantium (Bitter Orange)	170mg	*
Synephrine 30% (C <sub>9</sub> H <sub>13</sub> NO <sub>2</sub> )		
Acacia Rigidula (95%)	150mg	*
Phenylethylamine HCL	150mg	*
Thermogenic Intensifier/Neuromodulator & Neurotransmitter		
Thebroma Cacao	100mg	*
Green Tea Extract	120mg	*
45% Epigallocatechin Gallate (ECGC)		
Proprietary Yohimatrix™	10mg	*
Synergistic combination of three different chemical preparations of the energy herb Yohimbe: Yohimbine HCL, Alpha-Yohimbine11 and 11-Hydroxy Yohimbine		
Naringen	30mg	*
Pure White Willow Bark Extract	300mg	*
Salicin/Acetylsalicylic acid		
Evodiamine (98%)	10mg	*
Proprietary TriENRG™ Researched blend of pure, natural caffees yielding 200mg total caffeine	300mg	*
Kola nut extract, guarana extract, yerba mate		

\*Daily Value Not Established

## Ephedra Extract

Ephedra is a plant that has been used in traditional Chinese medicine for more than 2,000 years.<sup>1,2</sup> A 6-month, double-blind placebo controlled study has shown that ephedra and caffeine (Thermolift Max Caplets contains additional sources of pure caffeine) reduce body weight, cause fat loss and improve blood lipid levels, without significant side-effects.<sup>3</sup> Other research has shown that ephedra and caffeine can be more cost effective than pharmaceutical solutions at reducing weight, cardiac risk and LDL cholesterol.<sup>4</sup> Scientific observation suggests that ephedra is a safe<sup>5</sup> stimulant and effective weight loss aid, even without changes to diet or exercise.<sup>6</sup>



1. Abourashed E, El-Alfy A, Khan I, Walker L (2003). "Ephedra in perspective--a current review". *Phytother Res.* 17 (7): 703-12. doi:10.1002/ptr.1337. PMID 12916063.
2. Kee C. Huang (12 December 2010). *The Pharmacology of Chinese Herbs, Second Edition*. CRC Press. p. 9. ISBN 978-1-4200-4826-1.
3. <https://www.ncbi.nlm.nih.gov/pubmed/12032741>
4. <https://www.ncbi.nlm.nih.gov/pubmed/10574509>
5. <https://www.ncbi.nlm.nih.gov/pubmed/11126208>
6. <https://www.ncbi.nlm.nih.gov/pubmed/15356670>

## Citrus Aurantium Yielding 30% Synephrine

*Citrus aurantium*, also known as bitter orange, is a natural source of synephrine. Synephrine has been shown to cause weight loss and increase physical performance, especially when combined with caffeine.<sup>7 8 9</sup>

Using double-masked, randomized and placebo-controlled protocols, researchers have studied Citrus aurantium and reported it to be an effective thermogenic weight loss aid and concluded it to be similar in potency to ephedra.<sup>10 11</sup>



7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3444973>

8. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3444973>

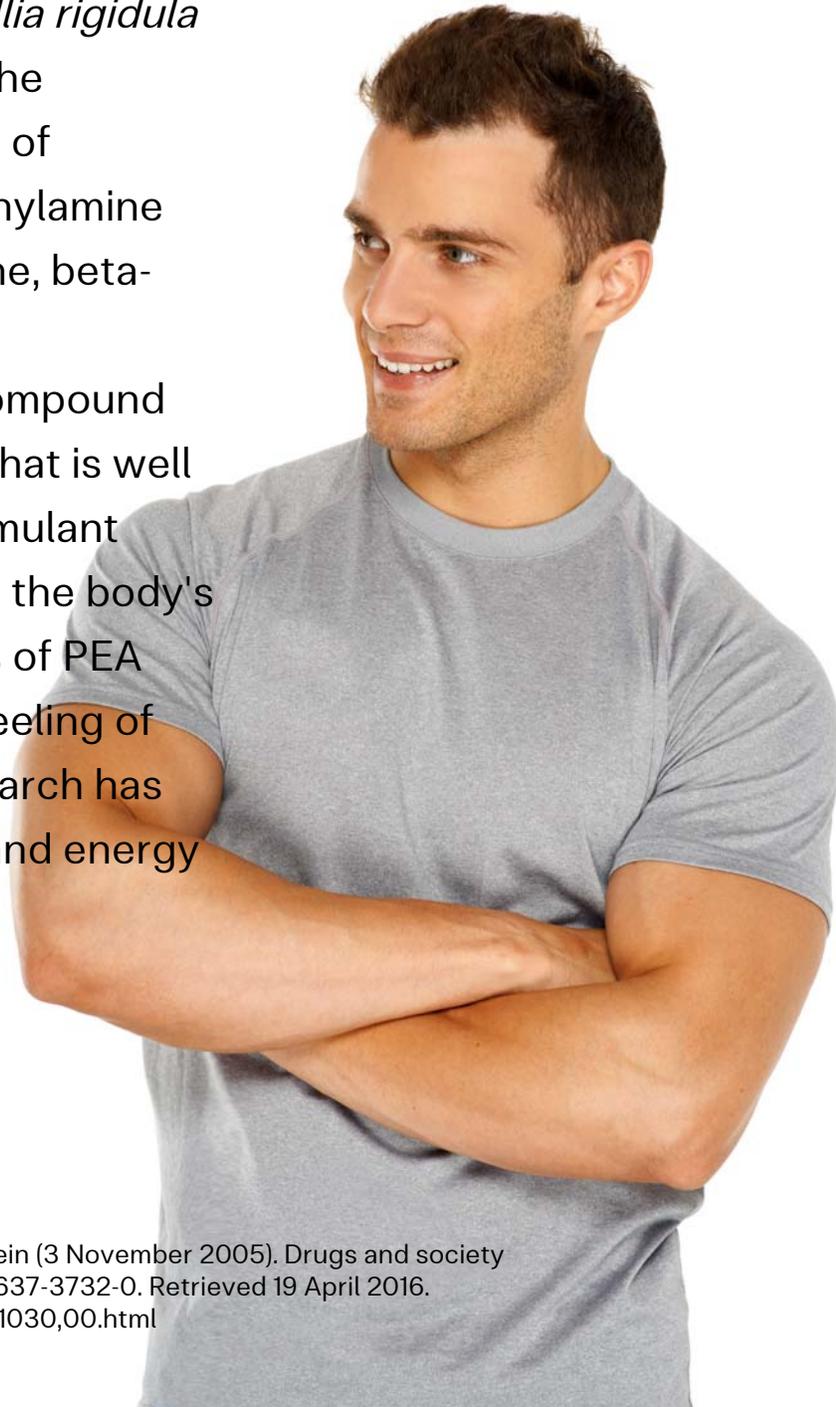
9. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2485232>

10. <https://www.ncbi.nlm.nih.gov/pubmed/12939122>

11. <http://www.sciencedirect.com/science/article/pii/S0011393X00885239>

## Acacia Rigidula

Acacia rigidula, also known as *Vachellia rigidula* and Blackbrush Acacia, is a shrub in the *Fabaceae* family and a natural source of phenylethylamine alkaloids.<sup>12</sup> Phenethylamine (PEA), also known as phenylethylamine, beta-phenylethylamine (beta-PEA) and 2-Phenylethan-1-amine, is an organic compound that belongs to a class of chemicals that is well known for their psychoactive and stimulant effects.<sup>13</sup> Academics describe PEA as the body's natural amphetamine: elevated levels of PEA create the sensation of euphoria or feeling of being intensely in love.<sup>14</sup> Further research has shown PEA to be an effective mood and energy booster.<sup>15</sup>



12. <http://www.webmd.com>

13. Glen R. Hanson; Peter J. Venturelli; Annette E. Fleckenstein (3 November 2005). *Drugs and society* (Ninth Edition). Jones and Bartlett Publishers. ISBN 978-0-7637-3732-0. Retrieved 19 April 2016.

14. <http://content.time.com/time/magazine/article/0,9171,161030,00.html>

15. <http://www.ncbi.nlm.nih.gov/pubmed/7711493>

## Phenylethylamine HCl

Phenylethylamine HCl (PEA) also known as phenylethylamine, beta-phenylethylamine (beta-PEA) and 2-Phenylethan-1-amine is an organic compound and monoamine alkaloid. It belongs to a class of chemicals that is well known for their psychoactive and stimulant effects.<sup>16</sup> PEA is the body's natural amphetamine: elevated levels of PEA create the sensation of euphoria or feeling of being intensely in love.<sup>17</sup> Studies have shown PEA to be an effective mood and energy booster.<sup>18</sup>

16. Glen R. Hanson; Peter J. Venturelli; Annette E. Fleckenstein (3 November 2005). *Drugs and society* (Ninth Edition). Jones and Bartlett Publishers. ISBN 978-0-7637-3732-0. Retrieved 19 April 2016.

17. <http://content.time.com/time/magazine/article/0,9171,161030,00.html>

18. <http://www.ncbi.nlm.nih.gov/pubmed/7711493>





## Theobroma Cacao

Seeds from theobroma cacao are used to make cocoa which is a source of pectin.<sup>19</sup> In human digestion pectin binds to cholesterol in the gastrointestinal tract and slows sugar absorption by trapping carbohydrates.<sup>20</sup> <sup>21</sup> Pectin, a source of soluble fiber, acts as a prebiotic that nourishes healthy gut bacteria and helps improve intestinal health and performance.<sup>22</sup> Pectin has also been shown to protect colon health and function which is essential to detoxification.<sup>23</sup>

Cacao is a source of theobromine an alkaloid shown to boost mood and alertness.<sup>24</sup>

Proanthocyanidin, a compound found in cacao, promotes antiviral, antibacterial and antioxidant benefits.<sup>25</sup>



19. <https://www.ncbi.nlm.nih.gov/pubmed/28322947>

20. <https://en.wikipedia.org/wiki/Pectin>

21. Sriamornsak, Pornsak (2003). "Chemistry of Pectin and its Pharmaceutical Uses: A Review". *Silpakorn University Intl. Journal*. 3 (1-2): 206.

22. <https://www.ncbi.nlm.nih.gov/pubmed/21840809>

23. <https://www.ncbi.nlm.nih.gov/pubmed/12680234>

24. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4335269>

25. <https://www.ncbi.nlm.nih.gov/pubmed/28208630>

## Green Tea Extract 45% EGCG

Thermolift Max Caplets is a source of highly potent green tea standardized to a minimum of 45% epigallocatechin gallate (EGCG). EGCG is a type of catechin that has been shown to decrease body fat and lower cardiovascular risks in humans.<sup>26</sup> Numerous studies have linked green tea consumption to increased fat burning (fat oxidation) and accelerated metabolism (energy expenditure).<sup>27 28 29</sup> Research has also shown that green tea increases metabolism around the clock, even while the body is at rest.<sup>30</sup>



26. <https://www.ncbi.nlm.nih.gov/pubmed/17557985>

27. <https://www.ncbi.nlm.nih.gov/pubmed/18326618>

28. [http://jhs.pharm.or.jp/data/51\(2\)/51\\_233.pdf](http://jhs.pharm.or.jp/data/51(2)/51_233.pdf)

29. <https://www.ncbi.nlm.nih.gov/pubmed/16076989>

30. <https://www.ncbi.nlm.nih.gov/pubmed/10584049>

## Proprietary Yohimatrix™ With 3 Preparations Of Yohimbe

Yohimbe, also called yohimbine, is an indole alkaloid derived from the bark of the *Pausinystalia johimbe* tree. Scientific research has shown that yohimbe can “significantly” reduce body fat.<sup>31</sup> Studies have also shown that yohimbe can improve brain function and focus.<sup>32</sup>



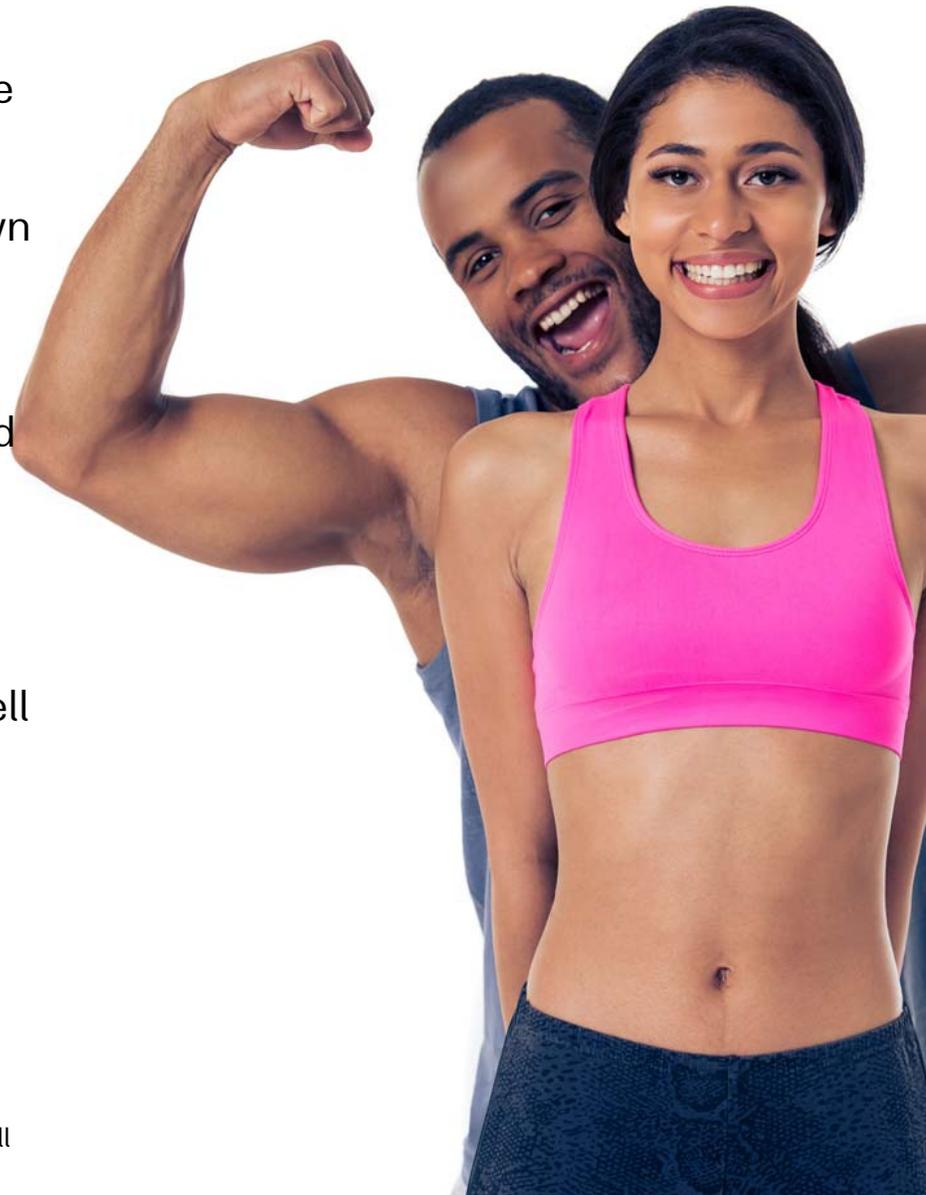
31. “Yohimbine: The Effects on Body Composition and Exercise Performance in Soccer Players.” National Center for Biotechnology Information. U.S. National Library of Medicine, n.d. Web. 07 Apr. 2015. <http://www.ncbi.nlm.nih.gov/pubmed/17214405>.

32. “Noradrenergic Stimulation Enhances Human Action Monitoring.” Noradrenergic Stimulation Enhances Human Action Monitoring. Society for Neuroscience, n.d. Web. 07 Apr. 2015.

## Naringin

Naringin is a bioactive flavonoid found in grapefruit. Research has shown that naringin can protect against metabolic syndrome.<sup>33</sup> Symptoms of metabolic syndrome include obesity and fatty liver disease. Other research has shown that naringin can help reduce weight, decrease unhealthy cholesterol and reduce high blood pressure.<sup>34</sup>

As an antioxidant, the protective benefits of naringin have been well established.<sup>34</sup>



33. <https://www.ncbi.nlm.nih.gov/pubmed/22198281>

34. <http://advances.nutrition.org/content/5/4/404.full>

## Pure White Willow Bark Extract

White willow bark contains salicin which is a chemical similar to aspirin (acetylsalicylic acid).<sup>35</sup> When combined with the ephedra and caffeine in Thermolift Max Caplets, white willow bark completes a three-ingredient trio known as the ECA stack (ephedra, caffeine and aspirin). Research has shown that the ECA stack is an effective weight loss solution.<sup>36</sup> Other benefits of supplementing with white willow bark include relief from pain, inflammation and immunity problems.<sup>35</sup>



35. <http://umm.edu/health/medical/altmed/herb/willow-bark>

36. <https://www.ncbi.nlm.nih.gov/pubmed/8384187>

## Evodiamine

Evodiamine, a chemical extracted from the *Tetradium* genus of plants, has been studied and been shown to be similar to capsaicin with regard to its weight loss properties.<sup>37</sup> Like capsaicin, evodiamine exhibits thermogenic effects.<sup>38</sup> Other benefits associated with evodiamine include increased energy, improved digestion and strengthened cardiovascular health.<sup>39</sup>



37. <https://www.ncbi.nlm.nih.gov/pubmed/17884939>

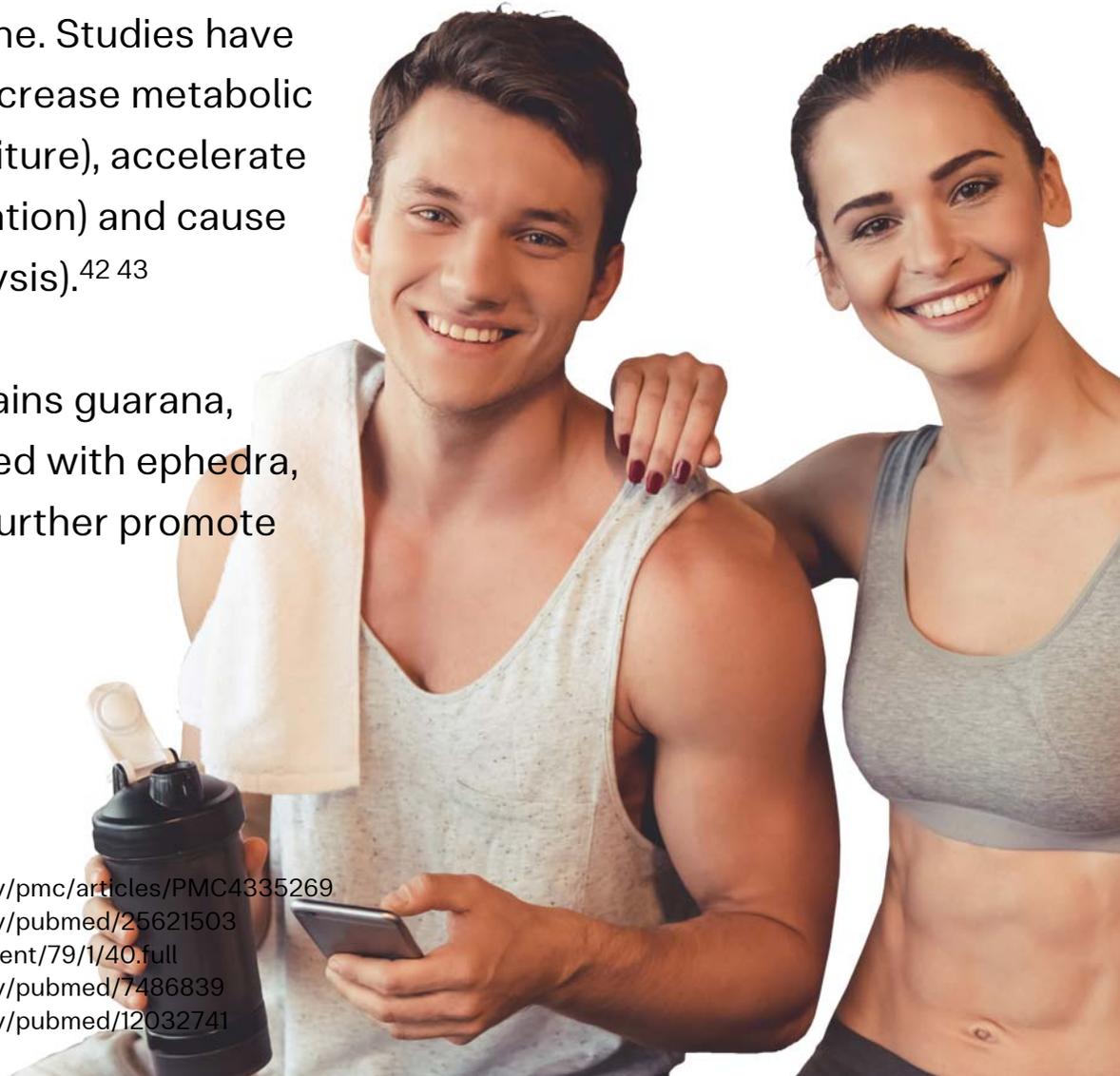
38. <https://www.ncbi.nlm.nih.gov/pubmed/17884939>

39. <https://www.consumerhealthdigest.com>

## Proprietary TriENRG™ Blend Of Kola Nut, Guarana Extract & Yerba Mate

TriENRG™ contains theobromine, shown to boost mood and alertness.<sup>40</sup> Yerba mate is a key component of TriENRG™ that has been shown to have weight loss effects.<sup>41</sup> All TriENRG™ constituents provide a natural source of energy and caffeine. Studies have shown caffeine to increase metabolic rate (energy expenditure), accelerate fat burning (fat oxidation) and cause fat breakdown (lipolysis).<sup>42 43</sup>

TriENRG™ also contains guarana, which when combined with ephedra, has been shown to further promote weight loss.<sup>44</sup>



40. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4335269>

41. <https://www.ncbi.nlm.nih.gov/pubmed/25621503>

42. <http://ajcn.nutrition.org/content/79/1/40.full>

43. <https://www.ncbi.nlm.nih.gov/pubmed/7486839>

44. <https://www.ncbi.nlm.nih.gov/pubmed/12032741>

# WHY CHOOSE THERMOLIFT MAX CAPLETS

For those that prefer caplets to capsules, Thermolift Max Caplets is the ephedra formula of choice. Because of its caplet form this diet aid offers the greatest amount of active weight loss and energy ingredients in mg. per count of any Thermolift.com product. No other supplement offers ephedra, Yohimatrix™, TriENRG™ and the broad range of ingredients found in Thermolift Max Caplets, all scientifically supported to increase weight loss, energy and mood!

