

THERMOLIFT MAX CAPSULES™

ADVANCED EPHEDRA WEIGHT LOSS & ENERGY FORMULA FOR ADULTS

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



Thermolift Max Capsules™ is an incredibly potent and sophisticated ephedra formula offering a total of 20 advanced active ingredients. No other formula has its unique combination of compounds to help you burn fat faster, experience greater energy and mood, build muscle and lose stored fat. It is the only Thermolift formula with a focused thyroid support component and a heat complex filled with proven stimulatory and thermogenic ingredients.

Key benefits include:

- Increased fat burning
- Advanced fat blocking
- Elevated energy and mood
- Heightened focus and brain function
- Decreased appetite
- Improved muscle building potential
- Accelerated weight loss



TABLE OF CONTENTS

1. Cover
2. Overview
3. Table Of Contents
4. Suggested Use & Warnings
5. Supplement Facts
14. Cinnamon Extract
15. Thyroid Complex
16. Heat Complex

Ingredient Details & Scientific Facts

6. Ephedra Extract
7. Acacia Rigidula
8. Caffeine Anhydrous
9. Citrus Aurantium Extract
10. Methylsynephrine
11. Methylphenylethylamine
Tartate
12. Green Tea Extract 45% ECGC
13. Hydroxycitric Acid



THERMOLIFT MAX CAPSULES USAGE GUIDANCE

On your first day with THERMOLIFT MAX CAPSULES 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 CAPSULES after lunch time is not recommended as difficulty with sleep in the evening may occur. In general, to feel more effects, take THERMOLIFT MAX CAPSULES with smaller meals or between meals: to tone down the effects, take THERMOLIFT MAX CAPSULES 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 CAPSULES 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) Capsules

Servings Per Container: 45

Suggested Use: Take 1-2 Servings 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) Capsules, Serving Per Container: 45

	Amount Per Serving	% Daily Values**
Ephedra Extract	27 mg	*
Acacia Rigidula (95%)	150 mg	*
Caffeine Anhydrous	300 mg	*
Citrus Aurantium Extract 30% Synephrine	100 mg	*
Methylsynephrine HCL	25 mg	*
Methylphenylethylamine Tartrate	25 mg	*
Green Tea Extract 45% Epigallocatechin Gallate (ECGC)	100 mg	*
Hydroxycitric Acid	100 mg	*
Cinnamon Extract 20:1	125 mg	*
Thyroid Complex Guggulsterones, Coleus Forskohlii, Raspberry Ketones, Ginger Root Extract	200 mg	*
Heat Complex Quebracho Blanco Extract, Capsicum Chinese Extract (supplying 250,000 SHU), Cayenne Pepper Extract (supplying 50,000 SHU), Hordenine HCL, N-Methyl- Tyramine HCL, Tyramine HCL, Octopamine HCL	200 mg	*

Ephedra Extract

Ephedra is a plant that has been used in traditional Chinese medicine for more than 2,000 years.^{1,2} A 6-month, double-blind placebo controlled study has shown that ephedra and caffeine (Thermolift Max Casules contains additional sources of pure caffeine) reduce body weight, cause fat loss and improve blood lipid levels, without significant side-effects.³ Other research has shown that ephedra and caffeine can be more cost effective than pharmaceutical solutions at reducing weight, cardiac risk and LDL cholesterol.⁴ Scientific observation suggests that ephedra is a safe⁵ stimulant and effective weight loss aid, even without changes to diet or exercise.⁶

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.
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>



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.⁷ 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.⁸ 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.⁹ Further research has shown PEA to be an effective mood and energy booster.¹⁰



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

8. 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.

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

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

Caffeine Anhydrous

Caffeine is a zero-carb, zero-sugar and zero-calorie stimulant that has been shown to increase resting metabolic rate¹¹ and reduce body weight.¹² Caffeine is the world's most widely used central nervous system stimulant, and is used to reduce fatigue, enhance performance and prevent drowsiness, in addition to supporting weight loss.¹³



11. Belza, A., S. Toubro, and A. Astrup. "The Effect of Caffeine, Green Tea and Tyrosine on Thermogenesis and Energy Intake." *Eur J Clin Nutr European Journal of Clinical Nutrition* 63.1 (2007): 57-64. Web.

12. Boozer, et al. "The American Journal of Clinical Nutrition." *Coffee, Diabetes, and Weight Control*. N.p., n.d. Web. 09 Apr. 2015.

13. <https://en.wikipedia.org/wiki/Caffeine>

Citrus Aurantium Extract

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.^{14 15 16}

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.^{17 18}



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

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

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

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

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

Methylsynephrine

Methylsynephrine is a performance-enhancing stimulant chemically related to ephedrine and to synephrine. It is a key ingredient in elite weight loss and energy supplements for increasing endurance, boosting metabolism and elevating focus.¹⁹



19. <http://herbnutritionals.com>

Methylphenylethylamine Tartrate

Methylphenylethylamine is an amphetamine chemically similar to phenethylamine (PEA). It is a prescription drug in many countries and has clinical applications as an appetite suppressant and attention booster. Like amphetamine, methylphenylethylamine at therapeutic doses can improve alertness, boost mood and heighten brain function.



Green Tea Extract 45% EGCG

Thermolift Max Capsules 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.²⁰

Numerous studies have linked green tea consumption to increased fat burning (fat oxidation) and accelerated metabolism (energy expenditure).^{21 22 23}

Research has also shown that green tea increases metabolism around the clock, even while the body is at rest.²⁴



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

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

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

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

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

Hydroxycitric Acid

Hydroxycitric acid (HCA) is also known as hydroxycitrate and has been shown to reduce appetite, inhibit fat synthesis and decrease body weight.²⁵ HCA suppresses the function of an enzyme called ATP citrate lyase.²⁶ ATP citrate lyase plays a key role in the synthesis of fat, cholesterol and triglycerides,²⁶ and it is the link between carbohydrate intake and the production of new fat.^{27 28} By disabling ATP citrate lyase, HCA makes it difficult for the body to convert food into fat stores.



25. <https://www.ncbi.nlm.nih.gov/pubmed/15056124>

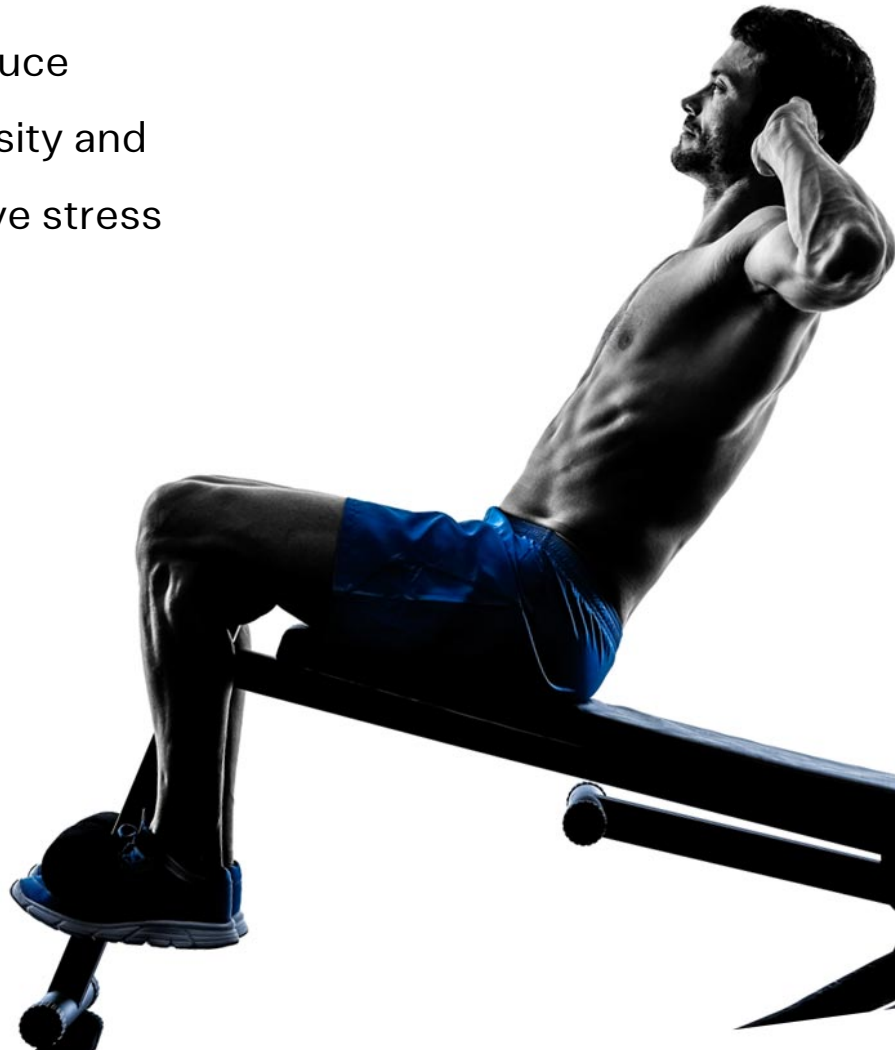
26. <https://www.ncbi.nlm.nih.gov/pubmed/15228099>

27. <https://www.ncbi.nlm.nih.gov/pubmed/20558738>

28. https://en.wikipedia.org/wiki/ATP_citrate_lyase

Cinnamon Extract

Cinnamon has been shown to reduce blood glucose and total cholesterol; this can reduce risk factors for heart disease and complications due to diabetes.³⁰ Cinnamon is rich in proanthocyanidins. These flavonoids have been shown to reduce inflammation,³¹ a risk factor for obesity and heart disease, and alleviate oxidative stress on the body.³²



30. <https://www.ncbi.nlm.nih.gov/pubmed/14633804>

31. <https://www.ncbi.nlm.nih.gov/pubmed/22101466>

32. <https://www.ncbi.nlm.nih.gov/pubmed/11642334>

Thermolift Max Capsules Advanced Thyroid Complex with Guggulsterones, *Coleus Forskohlii*, Raspberry Ketones and Ginger

There is a well documented link between poor thyroid function and weight gain and fatigue.³³ An underactive thyroid fails to produce sufficient hormones which can make losing weight and managing weight difficult. Guggulsterones, a phytosteroid derived from the guggul plant, stimulate thyroid hormone production and has been used for thousands of years in Ayurvedic medicine.^{34 35} *Coleus forskohlii* is a plant that produces forskolin which has been shown to increase the output of thyroid hormones T3 and T4.³⁶ Raspberry ketones support weight loss and can reduce risk factors for diabetes; diabetes is closely linked to thyroid problems.³⁷ Similarly, ginger supports thyroid health by helping to naturally manage blood sugar and reduce risk factors for diabetes.³⁸

33. <http://www.umm.edu/health/medical/altmed/condition/hypothyroidism>

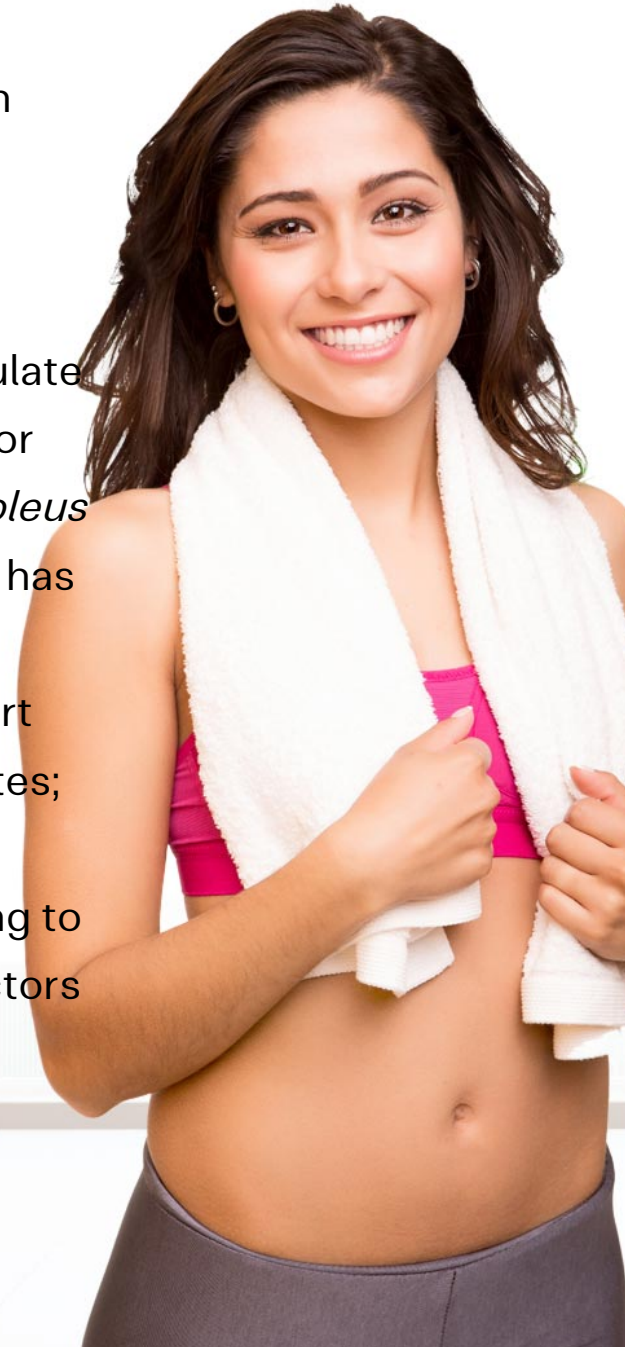
34. <https://www.livestrong.com>

35. <https://www.bodybuilding.com>

36. <https://www.ncbi.nlm.nih.gov/pubmed/6327383>

37. <http://journal.diabetes.org/clinicaldiabetes/v18n12000/pg38.htm>

38. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4277626>



Thermolift Max Capsules Advanced Heat Complex with Quebracho Blanco, Chinese Capsicum and Extreme Stimulant Compounds

Quebracho blanco, also called *Aspidosperma quebracho blanco*, is a source of yohimbe,³⁹ which has been shown to cause weight loss and boost brain function.^{40 41} Our heat complex offers a highly potent dose of capsaicin which has been shown in a multitude of studies to increase thermogenesis, reduce appetite and assist weight loss.^{42 43 44}

Thermogenic stimulants like hordenine, an alkaloid of the phenethylamine class, and PEA-like compounds such as octopamine round out the heat complex, adding to its fat burning properties. For a complete list of the ingredients in the heat complex please see the supplement facts panel.

- 39. <https://www.drugs.com/npc/yohimbe.html>
- 40. <http://www.ncbi.nlm.nih.gov/pubmed/17214405>.
- 41. <http://www.jneurosci.org/content/25/17/4370.full>
- 42. <https://www.ncbi.nlm.nih.gov/pubmed/22378725>
- 43. <https://www.ncbi.nlm.nih.gov/pubmed/24246368>
- 44. <https://www.ncbi.nlm.nih.gov/pubmed/8926537>

