

# GARCINIA CAMBOGIA

## ULTIMATE STRENGTH WEIGHT LOSS FORMULA WITH 95% HCA

- Supplement Facts
- **5 SECRETS TO EASY WEIGHT LOSS**
- Usage Guide & Ingredient Details
- Scientific Research

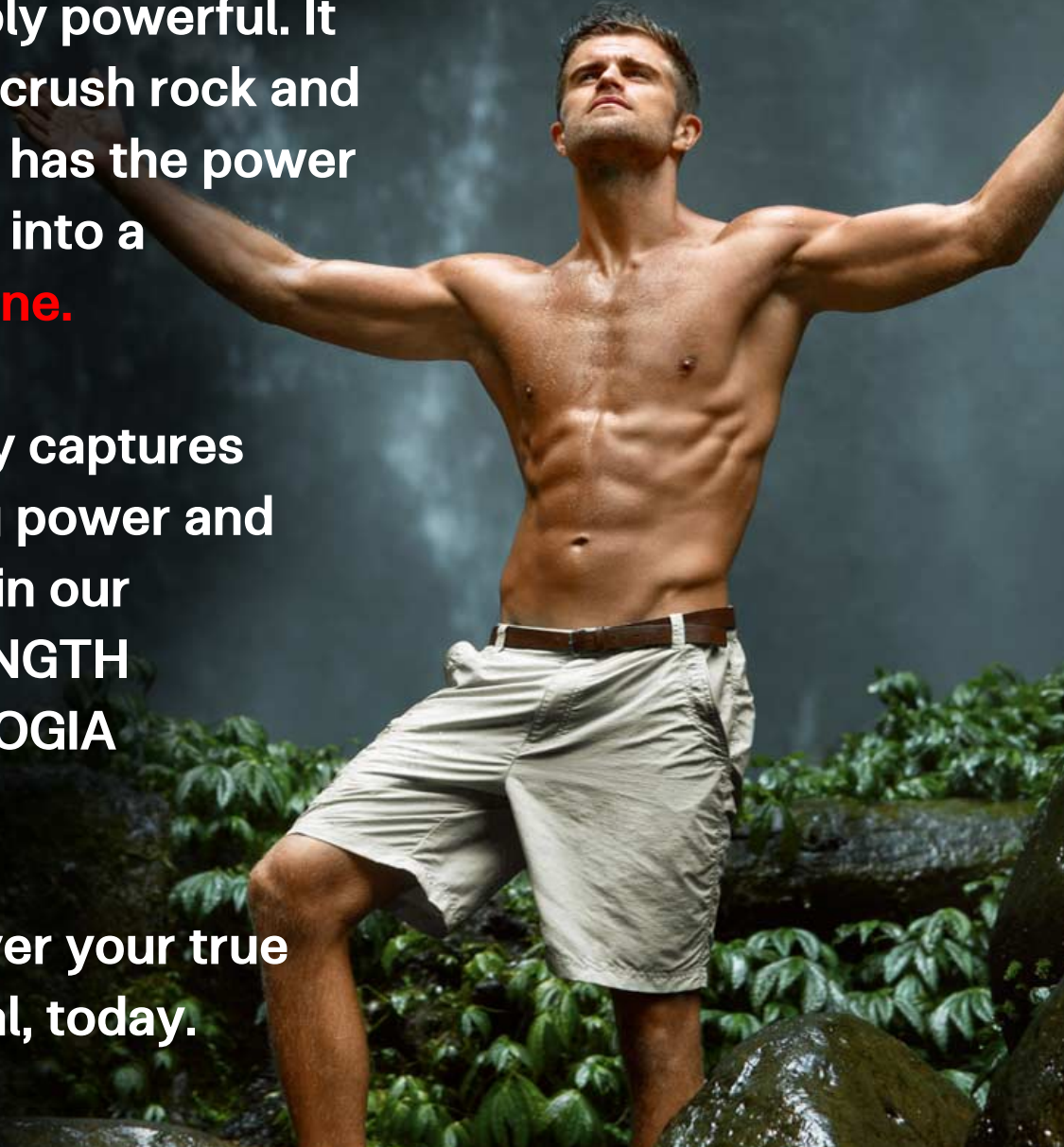


# HARNESS THE AWESOME POWER OF NATURE

Nature is incredibly powerful. It has the power to crush rock and to give life. And it has the power to turn your body into a **fat burning machine.**

EVERGENICS fully captures nature's slimming power and delivers it to you in our **ULTIMATE STRENGTH GARCINIA CAMBOGIA with 95% HCA.**

Use it, and discover your true slimming potential, today.





# **FORMULATED BY DOCTORS TO BE POTENT, SAFE & EFFECTIVE**

**All of the ingredients in Evergenics Ultimate Strength Garcinia Cambogia have been third-party tested and verified for potency and purity.**

**All Evergenics formulas are made in the USA in an FDA inspected and recognized facility and in strict compliance with US GMPs (good manufacturing practices).**



# 95% HCA IS SUPREME POTENCY

HCA is the active fat burning and appetite suppressing component of Garcinia Cambogia.

*Typical Garcinia formulas contain only 60% HCA or less.*

Each capsule of Supreme Potency Garcinia Cambogia from Evergenics contains extract standardized to 95% HCA, the maximum concentration possible for a Garcinia Cambogia diet formula.

# VERIFIED BY SCIENCE

Clinical research has shown, time after time, that HCA from Garcinia Cambogia supports weight loss and stimulates the body's natural ability to burn fat faster and control appetite better.

Studies have also shown Garcinia Cambogia supplementation to be safe: *in fact, increased dosage has been linked to even greater weight loss results.*





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SUPPLEMENT  
FACTS



SUPPLEMENT FACTS		
Serving Size: 2 Veggie Capsules		
Servings Per Container: 60		
	Amount Per Serving	%DV
Potassium (as Potassium Chloride)	70 mg	***
Calcium (as Calcium Carbonate)	70 mg	5%
Chromium (as Amino Acid Chelate)	280 mcg	233%
Garcinia Cambogia Extract	1400 mg	**
Complex; Contains 95% HCA (Hydroxycitric Acid)		

\*\*\* Less than 5% Daily Value  
\*\* Daily Value (DV) not established

Other Ingredients: Cellulose (Vegetable Capsule), Magnesium Stearate (Vegetable).

No fillers, binders or artificial ingredients are used in the manufacturing of this premium health product.

Gluten-free and 100% vegetarian.

▲ 1400mg pure Garcinia Cambogia Extract + 140.23mg extra supporting active ingredients (per serving).



## Suggested Use

Take 1 to 2 capsules with at least 8 oz. of water and a sensible meal. If you have been regularly challenged by strong cravings, choose to take the Garcinia Cambogia capsules 1 to 2 hours before the period of the day in which you usually get the strongest feelings of hunger, again with a sensible meal or snack. This helps prevent overeating by giving the appetite suppressing properties of the capsules time to take effect. The capsules can be taken at any point in the day since they do not have stimulant qualities that can negatively impact sleep.







With taking Garcinia Cambogia, here are a few simple ways you can speed up your results - all tested by scientific research.

## 1. Keep Away from Drinks Sweetened With Added Sugar

The American Heart Association says, “added sugars contribute zero nutrients but *many added calories that can lead to extra pounds or even obesity*,” and it recommends no more than 36 grams added sugar per day for men and 24 grams for women.<sup>1</sup> A 12 oz. can of Red Bull contains 37 grams of sugar and a 12 oz. can of Coke contains 39 grams of sugar from high fructose corn syrup. *Just one can of these products puts you over the daily limit for added sugar.*

Liquid sugar is not the same as sugar derived from whole foods. Analysis shows that drinking your sugar is much worse than eating it: consuming liquid sugar actually gives the body less naturally appetite control compared to consuming the same amount of sugar in a solid form of food, and it is linked directly to significant and unnecessary weight gain.<sup>2 3</sup>

1. [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101\\_UCM\\_306024\\_Article.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sugar-101_UCM_306024_Article.jsp)

2. <https://www.ncbi.nlm.nih.gov/pubmed/19248858>

3. <http://ajcn.nutrition.org/content/84/2/274.full>





## 2. Make Protein A Part Of Every Meal

The body burns more calories to metabolize meals with protein compared to equal servings of carbohydrates, and this thermogenic (energy expending and heat creating) effect of consuming protein compared to other food types has been demonstrated in studies.<sup>4 5</sup>

Want to get slimmer, faster? Eat protein. A wide body of data shows that increasing protein intake can help the body *burn stored fat faster*.<sup>6</sup>

Here are top choices of protein-rich foods that have been shown to promote weight loss and health:

- Chicken
- Legumes such as kidney beans, lentils and chick peas
- Nuts, preferably almonds, pistachios and cashews
- Organic milk
- Organic eggs
- Seafood, preferably wild salmon, cod and halibut
- Turkey

4. <https://www.ncbi.nlm.nih.gov/pubmed/22948783>

5. <https://www.ncbi.nlm.nih.gov/pubmed/9683329>

6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4424378>





### 3. Include Probiotics In Your Diet

Probiotics, also known as gut flora or "good bacteria," need to be in adequate supply for the intestines to digest food properly, destroy disease-causing microorganisms, control weight and prevent inflammatory-related problems such as irritable bowel syndrome.<sup>7 8</sup> *Weight gain* has been associated with inflammatory issues caused by an imbalance of healthy and harmful intestinal bacteria.<sup>8 9</sup>

*Through probiotic use, the prevention and reduction of abdominal adiposity (belly fat) in humans has been demonstrated in research analysis.<sup>10</sup>*

Probiotics can be added to the diet through yogurt, sauerkraut, kimchi, pickles, sour cheeses and other fermented foods, and they can be conveniently consumed as a dietary supplement.<sup>11</sup>

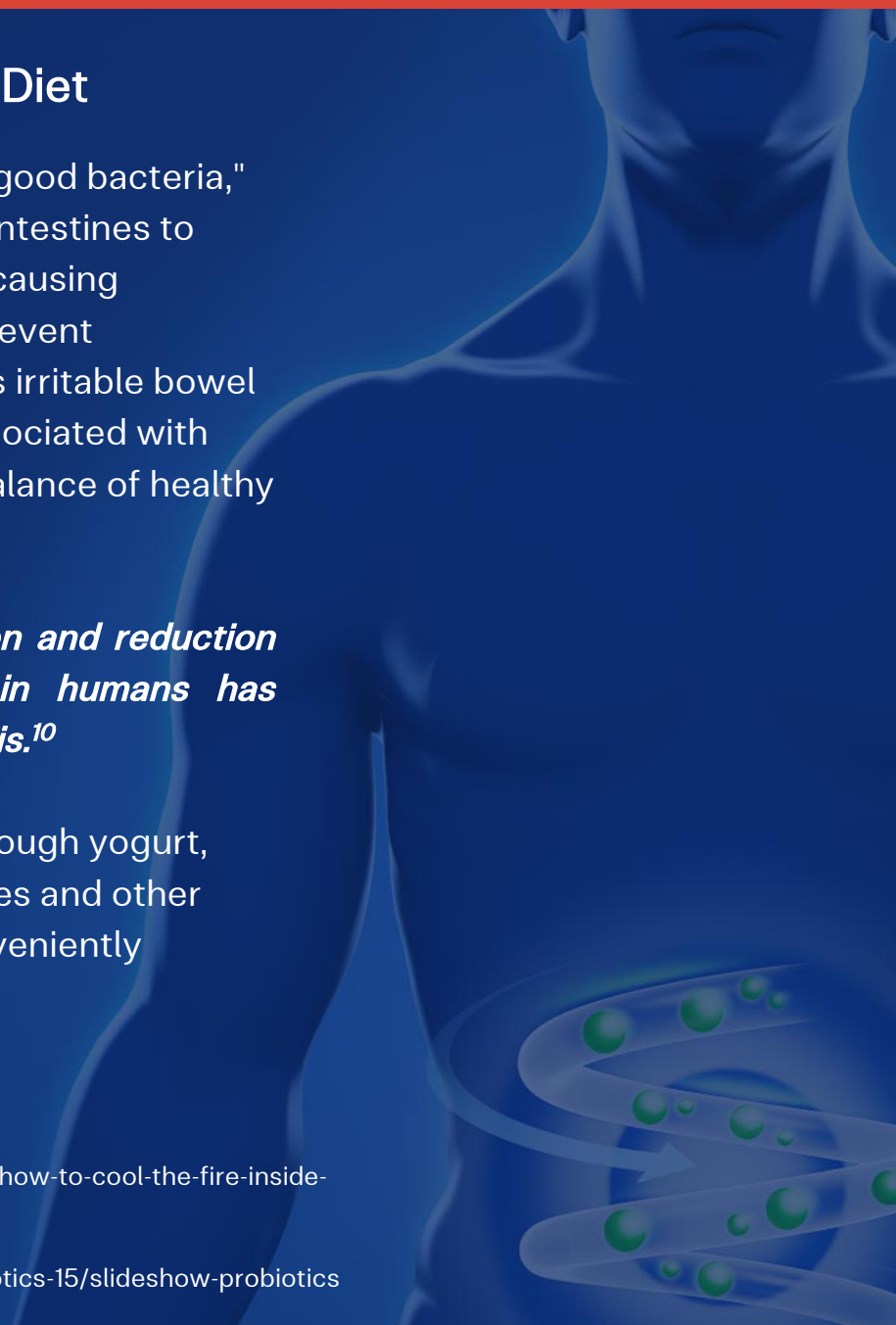
7. <https://www.ncbi.nlm.nih.gov/pubmed/12583961>

8. <https://www.ncbi.nlm.nih.gov/pubmed/25567038>

9. <http://drhyman.com/blog/2012/01/27/inflammation-how-to-cool-the-fire-inside-you-thats-making-you-fat-and-diseased>

10. <https://www.ncbi.nlm.nih.gov/pubmed/25884980>

11. <http://www.webmd.com/digestive-disorders/probiotics-15/slideshow-probiotics>





## 4. Adopt A Low-Carb, Healthy-Carb Mentality

You can lose weight, including belly fat, simply by reducing the amount of carbohydrates in your meals without restricting other calorie sources, and this is supported by numerous studies.<sup>12 13 14 15 16 17</sup>

Sources of healthy carbs include:

Vegetables • Fruits • Legumes like black beans, black eyed peas and navy beans • Nuts • Seeds like flax seeds, pumpkin seeds, sunflower seeds • Whole grains like quinoa and brown rice • Root vegetables like potatoes and parsnips

Examples of *low-carb* foods:

Lettuce • Spinach • Kale • Herbs • Bok Choy • Celery • Radishes • Sea Vegetables • Mushrooms • Avocado • Asparagus • Broccoli

12. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC538279/>

13. <https://www.ncbi.nlm.nih.gov/pubmed/12761364>

14. <http://link.springer.com/article/10.1007%2Fs11745-008-3274-2>

15. <http://www.nejm.org/doi/full/10.1056/NEJMoa022207>

16. [http://www.jpeds.com/article/S0022-3476\(02\)40206-5/abstract?cc=y=](http://www.jpeds.com/article/S0022-3476(02)40206-5/abstract?cc=y=)

17. <http://press.endocrine.org/doi/full/10.1210/jc.2002-021480>



## 5. Get Your Omega-3s

Omega-3 essential fatty acids (also called n-3 fats) are a special family of polyunsaturated fats that have been linked to a **decrease in belly fat**.<sup>18 19</sup> The body cannot create omega-3s so they must be obtained through food or supplements.<sup>20</sup>

Research presented by the International Journal of Obesity, reveals that omega-3s, specifically from fish oil, ***increase fat burning (lipid oxidation) and lead to lower body fat mass.***<sup>21</sup>

The two most important omega-3s are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). The omega-3, alpha-linolenic acid (ALA), also plays a role in health.

**Blocks fat:** Omega-3s influence lipogenesis, which is the process by which the body converts sugars into stored fat (lipo = fat, genesis = beginning or creation of).<sup>22</sup> Research has shown that, by suppressing the function of a protein called SREBP-1, omega-3s actually ***block the body's ability to conduct lipogenesis,***<sup>23</sup> ***thus decreasing body fat accumulation from dietary intake.***

Healthy sources of omega-3s for EPA and DHA include salmon, fish oil, krill oil, cod liver oil and quality fish oil supplements.

18. <https://www.ncbi.nlm.nih.gov/pubmed/19454127>

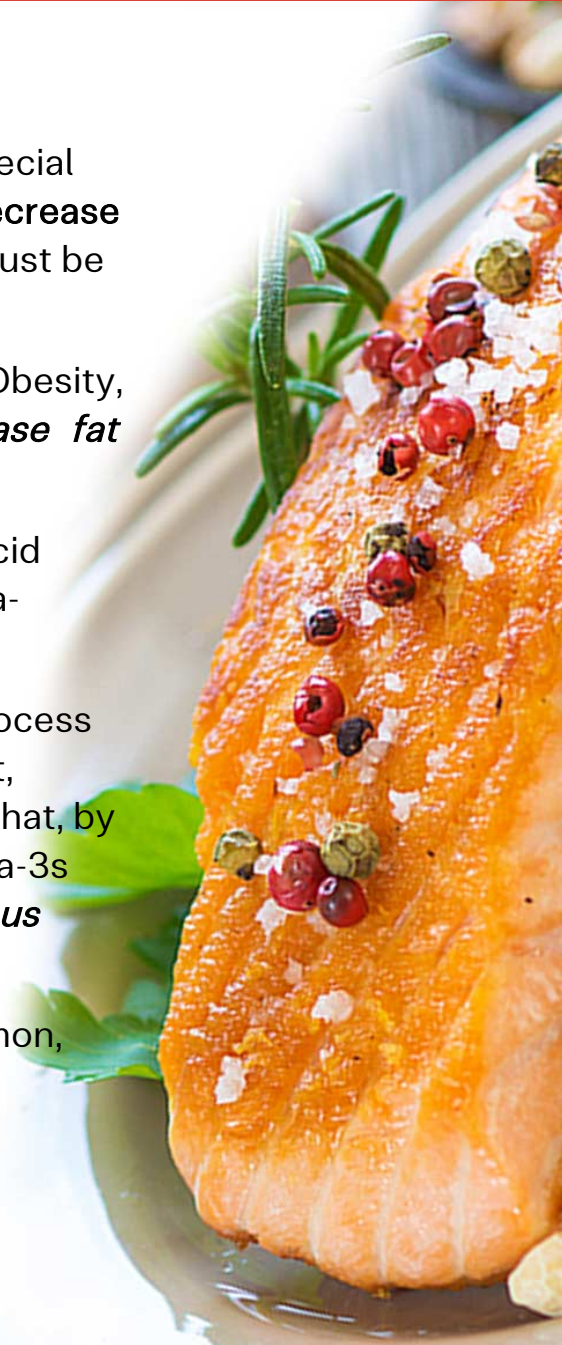
19. <https://www.ncbi.nlm.nih.gov/pubmed/11684525>

20. <https://www.hsph.harvard.edu/nutritionsource/omega-3-fats/>

21. <https://www.ncbi.nlm.nih.gov/pubmed/15481762>

22. <https://en.wikipedia.org/wiki/Lipogenesis>

23. <http://www.ncbi.nlm.nih.gov/pubmed/16187707>





## Garcinia Cambogia and HCA

Garcinia Cambogia is a fruit, native to Southeast Asia, that contains high concentrations of **HCA (hydroxycitric acid or hydroxycitrate)**. HCA is the primary active component of Garcinia Cambogia. It has been shown to *reduce appetite, inhibit fat synthesis and decrease body weight.*<sup>24</sup>

## Fat Blocking: HCA and ATP Citrate Lyase

HCA suppresses the function of an enzyme called ATP citrate lyase.<sup>25</sup> ATP citrate lyase plays a key role in the synthesis of fat, cholesterol and triglycerides,<sup>25</sup> and it is the link between carbohydrate intake and the production of new fat.<sup>26</sup> <sup>27</sup> *By disabling ATP citrate lyase, HCA makes it difficult for the body to convert food into fat stores.*

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

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

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

27. [https://en.wikipedia.org/wiki/ATP\\_citrate\\_lyase](https://en.wikipedia.org/wiki/ATP_citrate_lyase)





## HCA, Energy Intake (Calorie Consumption) and Appetite Suppression

Randomized, placebo-controlled trials have shown HCA to reduce energy intake (calorie consumption) by up to 30% in a 24 hour period without significant changes in mood or hunger, and a feeling of fullness was maintained.<sup>28</sup>

An 8-week study on 60 subjects has shown HCA to not only suppress appetite, but to lower cholesterol, triglycerides and body weight by 5% to 6%.<sup>29</sup>



28. <https://www.ncbi.nlm.nih.gov/pubmed/12037659>

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

## The Dangers Of Visceral, Abdominal Fat: Fight Back With Scientifically-Supported Garcinia Cambogia

Trials on human subjects have shown that Garcinia Cambogia is ***effective at reducing visceral, abdominal fat in both men and women.***<sup>30</sup> Visceral fat lies deep in the abdominal cavity and it can build up around the heart, lungs, liver and other organs (unlike subcutaneous fat which is on the surface).

This deep abdominal fat not only causes the midsection to bulge, it has been linked to heart disease and diabetes. In women it has been associated with breast cancer and the need for gallbladder surgery.<sup>31 32</sup>

30. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4053034/>

31. <http://www.health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it>

32. <http://www.webmd.com/diet/features/the-truth-about-belly-fat>



## Supporting Ingredients: Potassium

Analysis shows that potassium improves the weight loss effects of HCA from Garcinia Cambogia.<sup>33</sup>

According to Harvard University and the USDA people do not get enough potassium.<sup>34 35</sup> Potassium is a mineral needed for proper cell function.<sup>36</sup>

Potassium is an electrolyte that conducts electricity in the body like calcium, sodium and magnesium, and it is critical for heart health.<sup>36 37</sup>



33. <https://www.ncbi.nlm.nih.gov/pubmed/16055158>

34. <https://www.hsph.harvard.edu/nutritionsource/sodium-potassium-balance/>

35. [https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/DBrief/10\\_potassium\\_intake\\_0910.pdf](https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/DBrief/10_potassium_intake_0910.pdf)

36. <http://umm.edu/health/medical/altmed/supplement/potassium>

37. <https://www.ncbi.nlm.nih.gov/pubmed/21747015>



## Supporting Ingredients: Calcium

Analysis shows that calcium improves the weight loss effects of HCA from Garcinia Cambogia.<sup>38</sup>

*According to research, calcium helps the body burn more fat.* Dr. Michael Zemel, director of The Nutrition Institute at the University of Tennessee, has shown in tests that calcium plays a critical role in how fat is processed and stored: "the more calcium there is in a fat cell, the more fat it will burn."<sup>39</sup>



38. <https://www.ncbi.nlm.nih.gov/pubmed/16055158>

39. <http://www.webmd.com/diet/obesity/features/calcium-weight-loss>

## Supporting Ingredients: Chromium

Research has shown that the HCA in Garcinia works best when accompanied by chromium.<sup>40</sup>

Chromium is a mineral known as an essential trace element since the body needs it in small amounts for good health.<sup>41</sup>

Studies have shown that chromium helps keep blood sugar levels and insulin from getting out of control: in this way, chromium helps reduce cravings and lower body weight.<sup>42</sup>

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

41. <http://www.webmd.com/vitamins-supplements/ingredientmono-932-chromium.aspx>

42. <http://umm.edu/health/medical/altmed/condition/obesity>



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To learn more, simply contact us at [support@thermolift.com](mailto:support@thermolift.com) or call 800 500 8419 to speak to a customer care specialist about our 30-Day Money-Back Guarantee. We are open and hear to help seven days a week.

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## EVERGENICS GARCINIA CAMBOGIA: THE ULTIMATE CHOICE

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Evergenics Ultimate Strength Garcinia Cambogia is formulated by the same team of experts behind Thermo-Lift Classic and all of the Thermolift diet formulas, so only the strongest, purest ingredients are used. Our Garcinia supplement is standardized to offer 95% HCA in every capsule, which is the highest percentage in the industry. This means you get the greatest amount of active ingredient for *weight loss, fat blocking, slimming and appetite suppression possible.*

With Ultimate Strength Garcinia Cambogia you also get 3 additional active supporting ingredients that have all been shown by clinical study to elevate the weight loss effects of Garcinia Cambogia.

Try Ultimate Strength Garcinia Cambogia risk-free today and discover nature's awesome power to turn your body into a lean and healthy fat-burning machine.

