

THERMO-LIFT CLASSIC™

THE ORIGINAL EPHEDRA DIET
CAPSULES FOR WEIGHT LOSS,
ENERGY & HEALTH

- Supplement Facts • Usage Guide
- Ingredient Details • Scientific Research
Updated for 2022



For more than 20 years, Thermo-Lift Classic™ has demonstrated the powerful effects that natural ingredients can have on the body, mind and weight. ***No other ephedra complex on Earth*** has the same trademarked blend of unique ingredients for boosting energy, increasing metabolism, decreasing appetite and elevating mood.

The premium ingredients in Thermo-Lift Classic are sourced from all over the world with some of the components having been used medicinally for more than 2000 years. There is a good reason this extraordinary supplement is called Thermo-Lift ***Classic*** - for many, it is still the only choice for weight loss, energy, wellness and health.



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SUPPLEMENT FACTS

Serving Size: 1 capsule

Servings Per Container: 60

| | Amount Per Serving | % Daily Value* |
|--------------------------------------|--------------------|----------------|
| Chromium (as chromium polycinotate)† | 200mcg | 100% |
| Ephedra Extract | 25mg | |

Proprietary Herbal Blend

Guarana seed extract (39mg caffeine),
White Willow Bark, Siberian Ginseng Root,
Astragalus Root, Bee Pollen, Bladderwrack Kelp,
Ginger Root, Gotu Kola Leaf, Licorice Root,
Rehmannia Root, Reishi Mushroom

* Daily Values not established

Other Ingredients: Gelatin, Maltodextrin, Magnesium Stearate, Wheat Germ, Silica and Turmeric Extract.

†Chromium picolinate is an organic complex of trivalent chromium and picolinic acid.

- Keep out of reach of children
- Store at 15-30°C (59-86°F)
- Do not purchase if seal is broken
- Protect from heat, light and moisture

On your first day with Thermo-Lift Classic 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 Thermo-Lift after lunch time is not recommended as difficulty with sleep in the evening may occur.

In general, to feel more effects, take Thermo-Lift with smaller meals or between meals: to tone down the effects, take Thermo-Lift with larger meals and more fluids like water or natural fruit and vegetable juices. For a real jumpstart to the day, you may try taking Thermo-Lift 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.



Chromium

Chromium is a mineral known as an essential trace element since the body needs it in small amounts for good health.¹

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.² By helping to improve metabolism and combat insulin resistance, chromium may help lower the risk of heart disease and type 2 diabetes.³

1. <http://www.webmd.com/vitamins-supplements/ingredientmono-932-chromium.aspx>
2. <http://umm.edu/health/medical/altmed/condition/obesity>
3. <https://www.ncbi.nlm.nih.gov/pubmed/15208835>



Ephedra

Ephedra is a plant that has been used in traditional Chinese medicine for more than 2,000 years.^{4 5} A 6-month, double-blind placebo controlled study has shown that ephedra and caffeine reduce body weight, cause fat loss and improve blood lipid levels, without significant side-effects.⁶ Other research has shown that ephedra and caffeine can be more cost effective than pharmaceutical solutions at reducing weight, cardiac risk and LDL cholesterol.⁷ Scientific observation suggests that ephedra is a safe⁸ stimulant and effective weight loss aid, even without changes to diet or exercise.⁹

4. 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.

5. Kee C. Huang (12 December 2010). *The Pharmacology of Chinese Herbs*, Second Edition. CRC Press. p. 9. ISBN 978-1-4200-4826-1.

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

7. <https://www.ncbi.nlm.nih.gov/pubmed/10574509>

8. <https://www.ncbi.nlm.nih.gov/pubmed/11126208>

9. <https://www.ncbi.nlm.nih.gov/pubmed/15356670>



Guarana Seed Extract (39mg Caffeine)

Guarana (*Paullinia cupana*) is a climbing plant native to the Amazon and a natural source of caffeine. When combined with ephedra it has been shown to promote weight loss.¹⁰ Studies have shown caffeine to increase metabolic rate (energy expenditure), accelerate fat burning (fat oxidation) and cause fat breakdown (lipolysis).^{11 12}



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

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

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

White Willow Bark

White willow bark contains salicin which is a chemical similar to aspirin (acetylsalicylic acid).¹³ When combined with the ephedra and caffeine (guarana) in Thermo-Lift, 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.¹⁴ Other benefits of supplementing with white willow bark include relief from pain, inflammation and immunity problems.¹³



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

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

Siberian Ginseng Root

Siberian ginseng (*Eleutherococcus senticosus*) is also known as eleuthero and contains active ingredients called eleutherosides. It is considered an adaptogen, a term that describes herbs or other substances that, when ingested, appear to help an organism increase resistance to stress.¹⁵ Scientific observation has found a link between taking ginseng and improving mental health and wellness,¹⁶ and it is recommended for those needing an energy boost.¹⁵ This may explain why such a great number of Thermo-Lift users report about mood and mental improvements.



15. <http://www.drweil.com/vitamins-supplements-herbs/herbs/siberian-ginseng>

16. <http://umm.edu/health/medical/altmed/herb/siberian-ginseng>

Astragalus

Astragalus (*Astragalus membranaceus*) has been used for thousands of years in Traditional Chinese Medicine. It is medically recognized as an adaptogen that protects the body from stresses, including physical, mental and emotional stress.¹⁷ Research shows that Astragalus protects heart health, lowers cholesterol and protects the body from cancer development.¹⁸

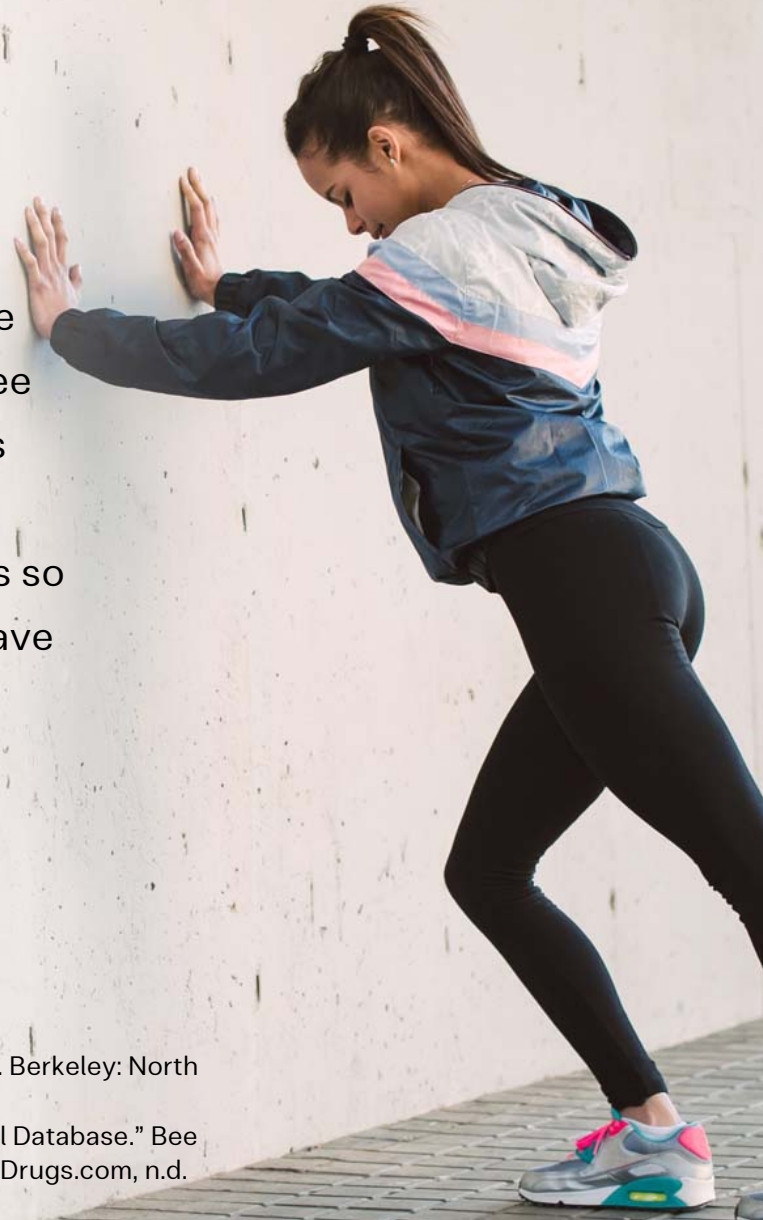


17. "Astragalus." University of Maryland Medical Center. University of Maryland, n.d. Web. 28 May 2015. <http://umm.edu/health/medical/altmed/herb/astragalus>.

18. <http://www.mdpi.com/1420-3049/19/11/18850/htm>

Bee Pollen

Bee Pollen is one of the most complete superfoods found in nature.¹⁹ It is rich in vitamins, minerals, trace elements, enzymes, amino acids and protein.²⁰ Some athletes, like Olympian Steve Riddick, have depended on bee pollen for optimum performance. Riddick has said: “I’ve never had a cold since taking bee pollen. I train better, I run stronger. And it has so many vitamins and amino acids.”²¹ Doctors have even reported that bee pollen is one of the “best” sources of protein in the world.²²



19. Wolfe, David. Superfoods: The Food and Medicine of the Future. Berkeley: North Atlantic, 2009. Print.

20. “Bee Pollen Uses, Benefits & Side Effects – Drugs.com Herbal Database.” Bee Pollen Uses, Benefits & Side Effects – Drugs.com Herbal Database. Drugs.com, n.d. Web. 18 May 2015.

21. Perry, Jean. “Fit and Fast.” New York Daily News, New York, 1979: n. pag. Print.

22. Cousens, Gabriel, M.D., and David Rainoshek. There Is a Cure for Diabetes: The Tree of Life 21-day Program. Berkeley, CA: North Atlantic, 2008. 44. Print.

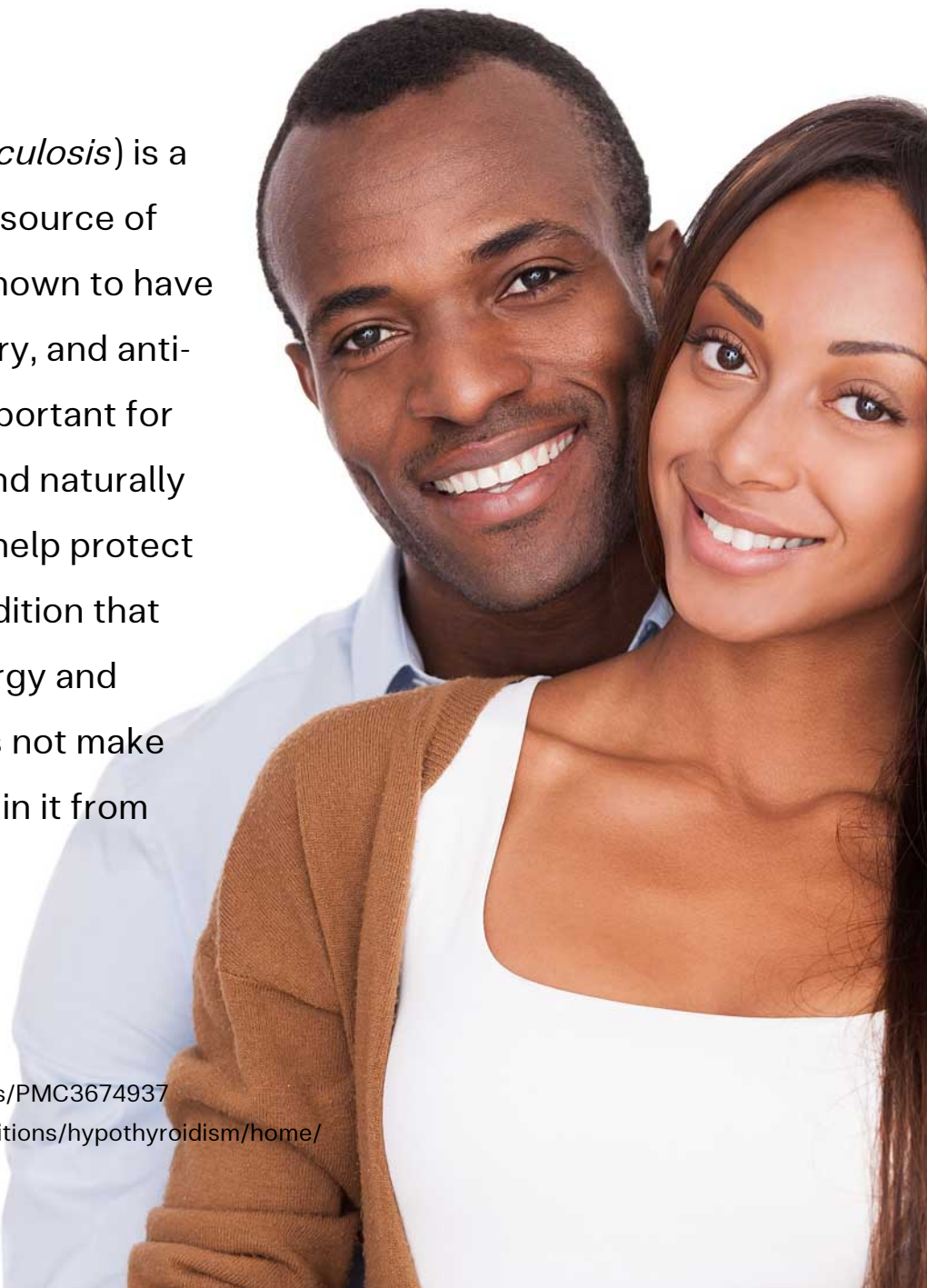
Bladderwrack Kelp

Bladderwrack kelp (*Fucus vesiculosus*) is a healthy brown seaweed and a source of fucoxanthin which has been shown to have anti-oxidative, anti-inflammatory, and anti-cancer properties.²³ Iodine, important for proper thyroid function, is found naturally in Bladderwrack kelp and can help protect against hypothyroidism, a condition that can cause obesity, lack of energy and depression.^{24 25} The body does not make iodine, so it is essential to obtain it from food or supplements.²⁵

23. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3674937>

24. <http://www.mayoclinic.org/diseases-conditions/hypothyroidism/home/ovc-20155291>

25. <http://www.thyroid.org/iodine-deficiency/>





Ginger Root

Ginger (*Zingiber officinale*) helps detoxify the digestive tract and enhance its function. Gingerol, also known as 6-gingerol, is an active constituent of ginger. Studies have shown that gingerol stimulates the gastrointestinal tract and provides antibacterial properties.²⁶ Ginger aids the efficiency of digestion by relaxing the intestinal tract and promoting elimination of intestinal gas.²⁷

A healthy colon is needed to remove toxins that can cause energy drains, excess weight and other health problems. In a study published in *Cancer Prevention Research*, a journal of the American Association for Cancer Research, ginger has been shown to reduce colon inflammation markers associated with increased colon cancer risk.²⁸

26. O'Hara, Mary; Kiefer, David; Farrell, Kim; Kemper, Kathi (1998). "A Review of 12 Commonly Used Medicinal Herbs". *Archives of Family Medicine* 7 (6): 523–536.

doi:10.1001/archfami.7.6.523.PMID 9821826.

27. "Ginger: Boundless Culinary and Medicinal Applications." Bastyr University, Monday Aug. 2009. Web. 07 Feb. 2015.

28. "Ginger Root Supplement Reduced Colon Inflammation Markers." *Ginger Root Supplement Reduced Colon Inflammation Markers*. N.p., n.d. Web. 20 Feb. 2015.



Gotu Kola Leaf

Gotu kola (*Centella asiatica*) has been used in Chinese and Indian medicine for thousands of years and contains a blend of compounds including three triterpenes: asiatic acid, madecassic acid and asiaticoside. These compounds offer antioxidant properties which support overall health, healing and energy.²⁹ Gotu kola can also benefit the central nervous system with improvements in mental function and reductions in anxiety.^{29 30}



29. Talbott, Shawn M., PhD, and Kerry Hughes. The Health Professional's Guide to Dietary Supplements. Philadelphia: Lippincott Williams & Wilkins, 2007. 387. Print.

30. <http://umm.edu/health/medical/altmed/herb/gotu-kola>

Licorice Root

To have a clean body that manages weight easily a healthy liver is an absolute necessity. Licorice (*Glycyrrhiza glabra*, *Glycyrrhiza uralensis*) offers a compound called glycyrrhizin that protects liver health. Studies show that glycyrrhizin alleviates CCl(4)-induced liver injury. This protection is due to the induction of heme oxygenase-1 and the down-regulation of pro-inflammatory mediators.³¹ Studies have demonstrated that licorice has antibacterial, antiviral, anticancer, anti-inflammatory, and hepatoprotective properties.³² In Japan, glycyrrhizin delivered intravenously has been shown to inhibit liver cell injury and is used to treat chronic viral hepatitis and cirrhosis.^{33 34}

31. Lee, CH, et al. "Protective Mechanism of Glycyrrhizin on Acute Liver Injury Induced by Carbon Tetrachloride in Mice." U.S. National Library of Medicine, Nov. 2007. Web. 21 Feb. 2015. <http://www.ncbi.nlm.nih.gov/pubmed/17917259>.

32. "Licorice." Memorial Sloan Kettering Cancer Center. N.p., n.d. Web. 21 Feb. 2015. <http://www.mskcc.org/cancer-care/herb/licorice>

33. Sato, H, et al (May 1996). "Therapeutic basis of glycyrrhizin on chronic hepatitis B." Antiviral Research 30 (2-3): 171-7. PMID 8783808.

34. van Rossum, et al (March 1998). "Review article: glycyrrhizin as a potential treatment for chronic hepatitis C." (PDF). Alimentary Pharmacology & Therapeutics 12 (3): 199-205. PMID 9570253.



Rehmannia Root

Rehmannia, also known as Chinese foxglove and Di Huang, is an herb that has been used for thousands of years in Traditional Chinese Medicine. Stemming from its iridoid glucoside content, research associates a wide range of health benefits with Rehmannia including heart protection, blood sugar management and cancer protection.³⁵ Rehmannia, a recognized kidney purifier,^{36 37} is commonly used as a detoxifying supplement. When used with Astragalus, Rehmannia has been shown to strengthen the heart, lower blood pressure and improve conditions for patients with heart disease.³⁸



35. Xu, Jun-Ping. Cancer Inhibitors from Chinese Natural Medicines. Boca Raton, FL: CRC, 2017. 191. Print.

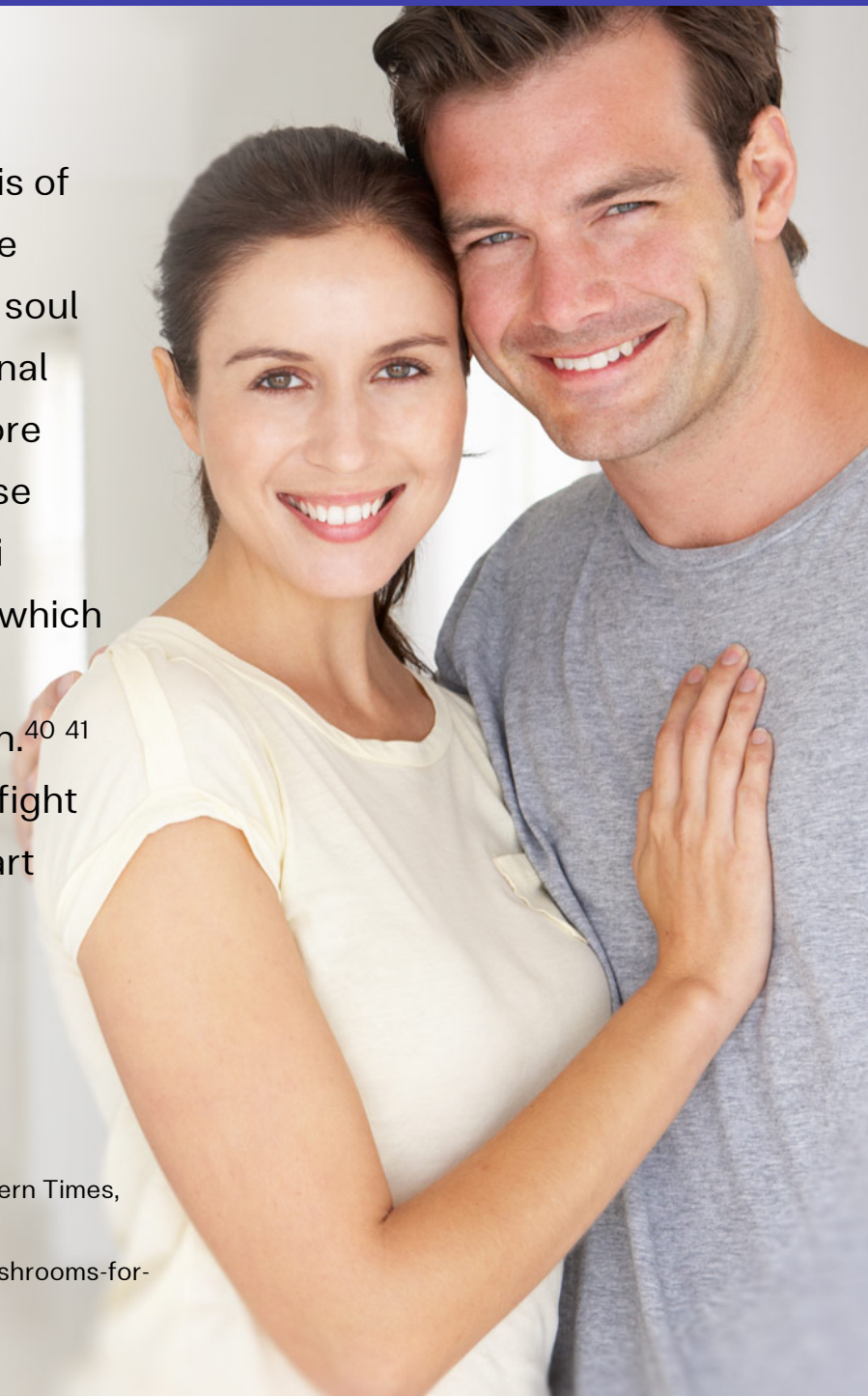
36. <https://www.ncbi.nlm.nih.gov/pubmed/18407446>

37. <https://www.ncbi.nlm.nih.gov/pubmed/23685937>

38. <https://nutritionreview.org/2013/04/advanced-heart-formula-protects-myocardial-damage-ischemia>

Reishi Mushroom

Reishi mushroom, also called lingzhi, is of the *Ganoderma* genus. Its Vietnamese name is *linh chi* which literally means soul or spirit mushroom. Reishi is a medicinal mushroom that has been used for more than 2000 years in Traditional Chinese Medicine.³⁹ Doctors report that reishi protects and improves liver function which is essential to cleansing, weight management, energy and good health.⁴⁰ ⁴¹ Research also shows that reishi may fight cancer, fatigue, inflammation and heart disease.⁴¹



39. Jones, Kenneth (1990), Reishi: Ancient Herb for Modern Times, Sylvan Press, p. 6.

40. <https://www.drweil.com/diet-nutrition/nutrition/mushrooms-for-good-health>

41. <https://draxe.com/reishi-mushroom>

For more than a generation the ephedra and unique blend of holistic ingredients found in Thermo-Lift Classic have been helping people all over the world lose weight and experience a higher quality of life.

All purchases at Thermolift.com come with a 100% guarantee of satisfaction or your money back. So discover the many incredible health benefits of this one-of-a-kind classic formula today, absolutely risk-free.

- Metabolic Boosting
- Fat Burning
- Energy
- Appetite Suppression
- Mood Enhancement
- Brain Function
- Liver Function
- Heart Health
- Kidney Health
- Digestive Health
- Detoxification

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