

Product: Chaos

Class: Fat Burner

Serving Size: 60 servings per bottle (4 capsules per servings, 240 capsules per bottle)

Product Summary: Chaos is a well-balanced fat burner. Chaos has clinically proven fat burning, thermogenic and stimulant ingredients to make it a truly versatile and complementary supplement to anyone looking to manage their weight and body fat.

Ingredient details:

Chromium (as TRAACS® nicotinate glycinate chelate) is a mineral nutrient needed by humans in very small amounts. Chromium appears to be important in the metabolism of fats, proteins, and carbohydrates, and the regulation of blood sugar. In order for glucose to gain entry into cells where it can be used for energy, insulin must function properly. Chromium plays a significant role in this process by enhancing the actions of insulin. Maintaining cell sensitivity is an important part of supporting blood sugar levels that are already in the normal range. It is possible that the over-refining of our foods and the depletion of minerals in our soils contribute to chromium deficiency.

Acetyl L-carnitine (1000mg) also known as acetylcarnitine or ALCAR, is another popular supplemental form of L-carnitine. It can be found throughout the central nervous system, where it plays a role in producing energy, as well as producing the important neurotransmitter acetylcholine. The most critical role that L-carnitine plays in the body is in helping to transport fat, particularly long-chain fatty acids, into the mitochondria of cells. Once there, they can be oxidized—used as fuel—to generate adenosine triphosphate, or ATP. L-carnitine does this cellular work both when you are exercising and resting, but research confirms that it is especially effective during intense exercise. Without adequate L-carnitine, most dietary fats can't get into the mitochondria and therefore cannot be burned for fuel.

Green Tea Leaf Extract (500mg) is effective as a fat-burner via a complex cellular mechanism involving catechins and caffeine. The addition of caffeine to the potent mix of catechins revs up your production of noradrenaline. Epigallocatechin gallate (EGCG), a compound found in green tea, was shown to increase fat oxidation by 33%. This result comes from one of many studies that have looked at green tea's potential in weight loss. EGCG has been shown to be a key component in many of these studies. There are a number of ways the EGCG could help aid weight loss: it could increase metabolism and fat oxidation, inhibit fat cell development, and increase fat excretion.

L-Tyrosine (500mg) is used by strength athletes because of their supposed effect of activating metabolic pathways. However, oral supplementation of tyrosine by humans has been shown to improve stress-induced cognitive and behavioral deficits, in particular working memory, and stress-sensitive focus tasks. Now the carryover to exercise would be because extended exercise is associated with central metabolic and neuroendocrine changes that may ultimately result in fatigue.

Caffeine (300mg) is equal to 3.16 eight ounce cups of the average coffee.

Synephrine (60mg) also known as bitter orange is used mostly for its stimulant effects and its capability to stimulate the metabolism and promote weight-loss. This substance appears to be highly effective at reducing appetite and stimulating lipolysis (fat-burning). The great thing about synephrine is that it appears to be able to increase metabolism rate and reduce appetite without affecting blood pressure or heart rate. Most substances with stimulant effects will increase either heart-rate or blood pressure.

Paradoxine (50mg) an extract from grains of paradise spice has weight loss benefits that have been the subject of numerous scientific studies. These have shown that supplementing with this plant extract may not only constitute a gentle way of fighting the accumulation of fat, but may also attack existing body fat reserves. Scientists attribute these benefits to the presence of 6-paradol. It may trigger thermogenesis of brown fat tissue, which in turn stimulates weight loss.

Cayenne Pepper Extract (50mg) is a natural herb that may help you lose weight. This red pepper may curb your appetite, speed up your metabolism, and help you burn calories. The main active ingredient in cayenne pepper is capsaicin. Capsaicin is also found in other types of peppers. Researchers believe that capsaicin is a thermogenic chemical; which may help speed up metabolism and decrease appetite.

Theobromine (50mg) is a stimulant mainly found in cocoa beans, having a similar effect as caffeine, but about 10 times weaker. Theobromine has diuretic, stimulant and relaxing effects. Theobromine can lower blood pressure because it can dilate blood vessels. Unlike caffeine, theobromine does not affect the central nervous system.