

## SLIM BY TEN

**Green Coffee Extract** - Java, mud, Black tea, tar, wake up juice. No matter what we call it, few of us could get by without at least one cup of coffee during our day. Nevertheless, this brew's eye-opening benefits, now there's new evidence the extract from these beans may have **fat-fighting** potential.

As the name implies, "Green Coffee" is simply unroasted seeds—aka beans—from the Coffee, plant that provides a morning brew for individuals unknowing it contains hundreds of compounds, which may have healthful benefits.

Green Coffee bean extract has gained quite a bit of buzz recently as a **weight-loss supplement**. Many websites sell Green Coffee pills, and a major coffee company has even started selling a beverage spiked with the extract. This supplement works as a fat burner and energy booster both desirable benefits for those wanting to train hard while reducing calories, elevate fat metabolism in the liver and suppress fat absorption and prevent dietary fats and carbs consumed from being stored as body fat. Green Coffee extract stimulates fat into glucose production.

The major anti-oxidant in green [coffee bean](#) extract, chlorogenic acid, has been shown to profoundly inhibit the release of the Glucose-6-Phosphatase (G6P) enzyme which significantly stabilizes blood sugar levels. In one clinical study a dose of 400 mg of green coffee bean [extract](#) showed a 32% reduction in the post meal blood glucose spike. This translates into someone who would have an extremely dangerous 160mg/dL blood sugar level down to a safe post-meal level of 109mg/dL

Stable blood sugar allows for [better energy, mental clarity, hormone function, detoxification capabilities and weight loss](#). Raw green [coffee](#) bean extract along with other superfoods such as cacao and cinnamon all show great results in stabilizing blood sugar and improving overall bodily functions. The combination of these three also synergizes to create even greater effects in the body. Source: [http://www.naturalnews.com/035903\\_coffee\\_bean\\_extract\\_antioxidants.html#ixzz36GMrTCqd](http://www.naturalnews.com/035903_coffee_bean_extract_antioxidants.html#ixzz36GMrTCqd)  
For more information refer to Green Tea and EGCG under SuperTEN.

**African Mango** - known as *Irvingia gabonensis* resulted in greater weight-loss and improved blood-test results in obese human. According to the study, significant reductions took place in weight, waist circumference, hip circumference, and systolic blood pressure in subjects taking the *Irvingia*. This indicates that weight was lost from both adipose tissue and from lean body-mass and that these losses were proportionate to original body compositions. Review the complete details [here](#)

The African Mango's **soluble fiber** content helps to slow digestion and absorption of dietary sugar. The fiber also binds to bile acids in the intestinal tract and helps to carry it out of the body, forcing the body to convert more cholesterol into bile acids and thus helps with lower cholesterol levels. Furthermore, African Mango study pertaining to anti-inflammatory effect on **Inflammatory Bowel Disease (IBD)** [click here](#). [African Mango stimulates the hormone leptin, which moderates your appetite so you feel hungry less often, and full longer after eating.](#)

**Garcinia Cambogia** - The most common small pumpkin shaped fruit which grows in Asia especially Indonesia, India known specifically for weight loss. Primary source of **Hydroxycitric Acid** or (**HCA**) is thought to help to suppress appetite, resulting in reduced calorie or food intake and cravings. Hydroxycitric acid may also inhibit the production of fats from carbohydrates by promoting the conversion of carbohydrates to glycogen instead of fat read more details [here](#) . (**HCA**) increases lipolysis (fat burning), boosts brain serotonin levels and helps the body use fats for energy while driving carbohydrates toward muscle glycogen storage with antioxidative properties. Garcinia Cambogia helps elevate Serotonin levels to help you feel and look better, comfortable plus energized.

**Green Tea Extract** - The biochemical properties of green tea extracts can be generally divided into four aspects – antioxidant, anticarcinogen, anti-inflammatory, and anti-radiation. Although it contains less caffeine than a cup of coffee, the amount in a green tea dietary supplement is believed to help the body burn calories more quickly than normal. This is believed to fuel weight loss and help the body break down fat more easily. That's not the only benefit of the green tea dietary supplement, though. Some studies have suggested that green tea may contain a powerful antioxidant that can help the body fight cancer cells. The studies have shown that people drinking the green tea have a higher success rate when it comes to beating cancer. Green tea has also been found stimulate glutathione levels, help arthritis and other joint problems.

It's also known to detoxify the body and keep the immune and circulation systems working properly. Finally, it's been shown to help those with high cholesterol levels regulate cholesterol levels. These are just some of the positive things that green tea can do for you. more details [here](#) . Epigallocatechin gallate (EGCG), a catechin that boosts metabolic rate to encourage burning fat EGCG also helps protect norepinephrine, activates Leptin, a stimulatory brain chemical which supports fat burning. In addition Green Tea contains theanine which helps you relax and sharpens mental focus beneficial when cutting calories for fat loss.

**Caralluma Fimbriata** - is an edible succulent plant native to India. Indian tribal people have used these as natural appetite suppressant for many centuries. In times of famine it is a commonly used vegetable. It can improve metabolic risk factors, general health and well-being. The latest research at Carolina State University, which reveals how pregnane glycosides (the actives in Caralluma) inhibit appetite considered a "famine food" by Indian tribesmen, validates the clinical results and puts Caralluma at the head of the class of natural weight loss products due to the Pregnane Glycosides action similar in Hoodia. For more details [here](#)

In addition, has anti-parasitic and anti-trypanosoma (Malaria) benefit source:  
<http://examine.com/supplements/Caralluma+fimbriata/>