

Clean Burn Cleared Up: Which Kaged Fat Burner is For You?

written by Mike Roberto | July 9, 2022

Kaged caused quite a stir in their 2015 supplement industry debut with *Pre-Kaged*, a truly innovative pre-workout formula that was way ahead of its time.



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Over the past few years, *three* unique variants were added to the Kaged pre-workout line, each tailored to a slightly different type of consumer: *Pre-Kaged Elite* for the serious lifter; *Pre-Kaged Sport* for aerobic athletes, beginners, and lifters with a lower caffeine tolerance; and *Pre-Kaged Stim-Free* for caffeine abstainers.

Those details are discussed in our article titled "*Which Kaged Pre-Workout Supplement is For You?*". Now Kaged is applying the same approach to their *fat burner* line.

The Kaged *Clean Burn* Series: Shredded For Summer

We all know how hard it is to diet – hunger pangs, reduced mental and physical performance, irritability and, for some people, difficulty sleeping.



Which Kaged Fat Burner is for you? We break down the differences in this article

So why do we do it? To answer that we turn to the old saying, “Abs are made in the kitchen.” When it comes to getting the sculpted physique you desire, no other words ring truer.

To achieve that goal, diet and calorie balance will account for at least 80% of your efforts. No matter how hard you train, if you consider yourself serious-enough of an athlete by taking a supplement like *Pre-Kaged*, then you’ll *eventually have* to go on an equally serious diet.

The challenges inherent to fat loss are why every sports nutrition company worth its salt eventually gets into developing *fat burning supplements* – supplements that are designed to increase the rate of fat-burning and rev up basal metabolic rate to help offset fatigue associated with cutting calories.

But not all fat burner supplements are created equal: and this is especially true when it comes to the **Kaged Clean Burn** line.

So today we’re here to help answer the question: *Which Kaged Clean Burn product is right for you?*

In the fat-burner category, Kaged offers three different products:



1. **Clean Burn:** stimulant-free capsules, but provides extra blood-sugar support
2. **Clean Burn Amped:** caffeinated capsules (248 milligrams caffeine per serving) – for athletes chasing the *shredded* look by dumping excess water
3. **Clean Burn Powder:** caffeinated *drink* (166 milligrams caffeine per serving) – for athletes focusing on aerobic, endurance-based activities

All three Clean Burn formulas have one crucial element in common: **they've been tested for banned substances**. Each one is a good choice for competing athletes who don't want to risk their career and livelihood by taking chances with accidental contamination.

Below, we get into the details, but first, let's check PricePlow's coupon-based prices and let you sign up for our *Kaged news alerts*, since they have a lot more planned for the year:

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Supplements like these don't just help you *feel* better, but it can also help you reach your goals *faster, especially* when the bump in your total daily energy expenditure (TDEE) coincides with your growing caloric deficit.

Now let's take a more in-depth look at each formula.

• **Clean Burn: For Stimmed-Up or Straight-Edged Athletes**

The first thing to notice about **Clean Burn**, the flagship product in the Kaged fat burner line, is that *caffeine* is conspicuously *absent* from the formula.



The original **Kaged Clean Burn** Stimulant-free and stackable with the other fat burners and pre-workouts discussed on this page

This makes sense when you think about it. Because caffeine is a proven *ergogenic aid* and *fat-burning* supplement, *most* athletes are probably already using lots of caffeine throughout the day. For example, if you're taking Pre-Kaged, then you're already getting *274 milligrams of caffeine* on designated workout days. Things go even further with *Pre-Kaged Elite* at *388 milligrams* of caffeine!

So when it comes to serious athletes who are already using caffeine and taking other supplements, Clean Burn is our first choice. Another reason we like Clean Burn is because you won't have to change your supplement schedule or stack.

There is one other important thing to note: we **also recommend Clean Burn for non-athletes, as well as those returning from a sedentary period of time – meaning someone re-starting a diet and exercise program to lose weight.** That's because Clean Burn has two heavy-hitting ingredients designed to *control blood sugar*. One of them, ChromeMate (chromium polynicotinate), works *especially well* for people with existing insulin resistance – which, if you're currently overweight, is probably something that you'll be dealing with until you get the weight off. Remember, body mass index (BMI) is positively correlated with both adiposity (body fat %) *and* insulin resistance.

So, to summarize, we recommend Clean Burn for the following people:

- Athletes who are already taking caffeine as part of their current supplement stack
- Recently sedentary non-athletes and returning athletes
- People who are significantly overweight
- People with diagnosed insulin resistance

Clean Burn Ingredients at a glance

Here's what you get in Clean Burn:



- **Chromium (ChromeMate) – 134 mcg (382% DV):** increases insulin sensitivity, lowers blood glucose. The *ChromeMate* brand of chromium is also bound to *niacin*, which supports NAD+ production.
- **L-Carnitine Tartrate (Carnipure) – 1,000 mg:** helps your mitochondria burn fat for energy. Athletes have an increased need for carnitine because it's consumed by exercise. Carnitine can increase performance and recovery.
- **Green Tea Extract – 333 mg:** high in antioxidant *polyphenols*. Inhibits the growth of fat cells and increases *thermogenesis* by activating brown adipose tissue (BAT), helping your body burn calories as heat.
- **Gymnema Sylvestre Extract 75% (GS4 PLUS) – 100 mg:** Glucose disposal agent, reduces blood glucose. Helps regenerate insulin-secreting cells in the pancreas. Also blocks glucose absorption in the small intestine.
- **Capsicum Fruit Extract (Capsimax) – 33 mg:** increases *thermogenesis*, helps reduce blood glucose levels.

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• Clean Burn Amped: For More Intense Shredding, Water Elimination

Whereas Clean Burn balances *thermogenesis* with *glucose disposal*, **Clean Burn Amped** focuses on thermogenesis and *water balance* with diuretic ingredients like asparagus, juniper, parsley, and uva-ursi.



CLEAN, FULLY DISCLOSED FORMULA

Supplement Facts	
Serving Size: 2 Capsules	
Servings Per Container: 60	
Amount Per Serving	
CLEAN BURN AMPED MATRIX	628 mg
Caffeine (as PurCap® caffeine from organic green coffee beans)	248 mg †
Sweet® Green Coffee Bean Extract	200 mg †
Coffea camphorata root (total thermogenic acids)	180 mg †
Green Select® Phytosome®	100 mg †
Green tea (Camellia sinensis leaf extract) leaf to 16:20 polyphenols (20:20 mg; min. 12% EGCG) (10 mg) and sunflower seed oil	60 mg †
Grains of Paradise Seed Extract (minimum 40% polyphenols) (12:12:12) (12:12:12)	60 mg †
WATER BALANCE MATRIX	50 mg
Asparagus (Asparagus officinalis) Stem Extract	20 mg †
Juniper (Juniperus communis) Fruit Extract	10 mg †
Parsley (Parsley officinalis) Leaf Powder	10 mg †
Uva Ursi (Urtica dioica) Leaf Extract	5 mg †

Other Ingredients: Rice Extract Blend (Rice Bran Extract, Rice Hulls, Sunflower Oil), Vegetable Cellulose (Capsule), Gum Arabic.

Directions: If you are sensitive to caffeine, start with taking 1 capsule with breakfast and 1 capsule with lunch for the first 3-4 days to assess your tolerance. Then increase to 2 capsules with breakfast and 2 capsules with lunch.

† Daily Value not established.

Amped brings caffeine (248mg per serving) and a lot of water-shredding elements!

By “water balance”, we mean *eliminating excess water*, which helps you achieve a lean, toned look with high vascularity.

Of course, for most people, achieving this particular goal is motivated by their personal aesthetic ideal. However, water retention is not merely a cosmetic concern. Pragmatic reasons for *decreasing* water retention might include *increasing your power-to-weight ratio*, *preparing for a bodybuilding competition*, or *making weight for a fighting league*.

These are just a few of the many reasons why a competing athlete might want to dump water. If you fall into this category, then **Clean Burn Amped** is the Kaged fat burner for you.

Amped means caffeine!

The other big thing to note about Clean Burn Amped is the presence of *caffeine* – hence “*Amped*” in the product’s name – which is itself a diuretic. But caffeine has plenty of other useful properties.

Caffeine is usually included in pre-workout and fat burning supplements because of its status as a potent *ergogenic aid*, meaning any compound that increases a person’s capacity for physical activity. By this definition, we expect an ergogenic aid to improve at least some aspects of athletic performance, and that’s exactly what the research literature indicates about caffeine.

Clean Burn Amped Ingredients at a glance

Here’s what you get in Clean Burn Amped:

The graphic features a woman in athletic wear performing a squat. Text on the left lists benefits: 'INTENSE THERMOGENESIS + AMPED UP ENERGY'. Below this, a paragraph explains the product's effects. Two red boxes highlight '248 MG' of PurCaf Organic Caffeine and '150 MG' of GreenSelect Phytosome. The bottom text reads: 'Amped up energy – but not an overwhelming amount'.

/ BENEFITS

**INTENSE THERMOGENESIS
+ AMPED UP ENERGY**

Triggered by the dual effects of PurCaf® organic caffeine and GreenSelect® Phytosome® green tea extract, Clean Burn® Amped is **fully dosed to ignite a powerful thermogenic response that not only turns your body into a white-hot calorie-burning machine**, but provides you with a burst of clean energy to power through your toughest workouts.*

248 MG PURCAF®
Organic Caffeine

150 MG GREENSELECT®
PHYTOSOME

Amped up energy – but not an overwhelming amount

- **Caffeine (as PurCaf caffeine from organic green coffee bean) – 248 mg:** derived from USDA-certified *organic green coffee beans*, PurCaf is free of any *xenoestrogenic or industrial residues*. Caffeine is an *ergogenic aid* that increases athletic performance in many domains. Increases cAMP levels, making more energy available to your cells.
- **Svetol Green Coffee Bean Extract (std. 45% chlorogenic acid) – 200 mg:** chlorogenic acid has high *lipolytic* activity, and can help manage body fat levels and blood glucose.

- **Green Select Phytosome green tea extract – 150 mg:** besides the usual benefits of green tea extract, like thermogenesis and lipolysis, you get added *lecithin*, which increases the bioavailability of polyphenol antioxidants.
- **Grains of Paradise Seed Extract (as *CaloriBurn*) – 40 mg:** standardized for 12.5% *6-paradol* by weight. *6-paradol* drives the conversion of white adipose tissue (WAT) to brown adipose tissue (BAT) by increasing mitochondrial density, thus increasing *thermogenesis*.
- **Asparagus Stem Extract – 20 mg:** a diuretic compound that promotes the flushing of salt and water from your body. Also can protect your skin against damage caused by ultraviolet (UV) light. Possibly neuroprotective.
- **Juniper Fruit Extract – 15 mg:** also a diuretic, but *saves electrolytes* from being eliminated, thus mitigating the biggest concern with diuretic use, which is potentially excessive loss of electrolytes.
- **Parsley Leaf Powder – 10 mg:** increases *potassium retention* in the kidneys, thus promoting diuresis and increasing urinary volume.
- **Uva-Ursi Leaf Extract – 5 mg:** antibacterial diuretic.

Now *that's* a lot of water-shredding support next to a solid dose of caffeine – a perfect two-capsule dose. But if you want even less caffeine, or are in the early afternoon, just take one capsule!

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• Clean Burn Powder with Apple Cider Vinegar: For Fitness Athletes

The supplement industry tends to fixate on strength training and bodybuilding, and there's good reason for that. Who doesn't want to be big and strong?

CLEAN BURN ACV

PRICEFLOW

WHAT IS CLEAN BURN ACV?

Clean Burn with Apple Cider Vinegar is a fat-burning matrix with premium fat-burning ingredients that helps you achieve the physique you deserve.

**KAGED CLEAN BURN POWDER
APPLE CIDER VINEGAR ENHANCED**

PRICEFLOW ARTICLE

Clean Burn Powder is a new apple cider vinegar enhanced fat burning drink from Kaged, providing 166 milligrams of natural caffeine alongside ACV!

However, this fixation *sometimes* comes at the expense of endurance or team-sports athletes. This isn't to say that aerobic athletes aren't into supplementation, because they definitely are. But it's not common to see pre-workout or fat burner formulas designed *specifically* for aerobic and fitness athletes.

Fortunately, that's exactly what Kaged did with **Clean Burn Powder with Apple Cider Vinegar**.

Admittedly, many of the ingredients in Clean Burn Powder also make an appearance in one or both of the other two Clean Burn formulas, but the emphasis on *thermogenesis* is strongest in Clean Burn Powder.

We like the ultra pro-thermogenesis approach this formula takes because, arguably, fat-burner supplements are even *more* important for aerobic athletes than for anaerobic and strength athletes.

That's because when aerobic athletes cut calories to slim down, they generally do so *while maintaining their usual aerobic training load*. That's great in one sense, because *cardio* can really help you maximize your calorie burn for rapid weight loss, but it also comes with some problems.

For example, calorie deficits impair recovery from exercise, and generally speaking, aerobic athletes have a much higher training load than other athletes – we saw this reality featured prominently in the 2010s “chronic cardio” meme.

At some point, all endurance athletes personally experience the dreaded “bonk” – the extreme disorientation and drop in athletic performance that comes with *glycogen depletion*.

In order to keep those glycogen levels up, you have to eat a lot of carbs. Or, alternatively, you can *spare* your glycogen stores from consumption by burning as much *fat* for energy as possible.

That’s where we think a quality *fat-burning supplement* comes in for the aerobic athlete – it can help promote *metabolic flexibility* during your workout, not only increasing your calorie burn for faster weight loss but *also* helping keep your glycogen stores topped off.

This *should* matter a lot to any aerobic athlete, because low glycogen levels seem to cause increased *cortisol* secretion.[1] We definitely don’t want cortisol to stay elevated under normal circumstances, but it’s *especially* important to keep cortisol under control while cutting calories because calorie restriction itself has been shown to lower testosterone and raise cortisol.[2] So if your glycogen recovery from exercise is incomplete, on *top* of running a calorie deficit, you’re hitting your endocrine system with an unholy double whammy.

We’re glad to see that Clean Burn Powder makes use of ingredients like *caffeine*, whose *ergogenic* (performance-boosting) effect is due in large part to the way it *increases fat burning* during exercise, which ultimately *sparcs muscle glycogen*.[3]

Caffeine’s not all it’s got though. Let’s take a look at all of the ingredients in Clean Burn Powder and how they can support the body-composition goals of aerobic athletes on calorie-restricted diets.

Chronic cardio?

The idea behind “chronic cardio” is that doing *too much aerobic exercise* could ultimately harm your health and body composition by keeping your stress hormones high, promoting dependence on carbohydrates, and straining parts of your body that are slow to recover (like joints, tendons and ligaments).

Paleo ancestral health theorists helped popularize the idea that while exposure to “acute” stressors of high intensity and short duration like *sprinting* or *near-death experiences*, can increase your body’s resilience by spurring positive physiological adaptations. Exposure to “*chronic*” stressors, like ongoing psychosocial stress or *marathon running*, will ultimately weaken your body by overwhelming its ability to adapt.

At its dumbest interpretation, this idea took the form of, “*Cardio kills your gains, bro*”, leading many weightlifters and bodybuilders to eschew aerobic training altogether.

To this day, people still argue about whether low-intensity steady-state (LISS) aerobic exercise is more effective or damaging than high-intensity interval training (HIIT). It really comes down to your *ability to recover*. Like anything else, some people are just genetically better than others at recovering from prolonged aerobic exercise. Things like age, gender, and lifestyle are also factors.

Regardless, there is a *general consensus* that high volume LISS-style aerobic training is more difficult to recover from compared to HIIT. For one thing, LISS workouts tend to consume more *glycogen*, even though they’re at a lower intensity, simply because of the duration

Clean Burn Powder with ACV Ingredients at a Glance

that's typically involved.



Powered by apple cider vinegar, but that's not all that's in Clean Burn Powder!

- **L-Carnitine Tartrate (Carnipure) – 1,500 mg:** helps your mitochondria burn fat for energy. Athletes have an increased need for carnitine, since it's consumed by exercise. Carnitine can increase performance and recovery. For aerobic athletes, carnitine's ability to *increase oxygen uptake* is especially important. Same for its ability to *increase androgen receptor activity*, basically amplifying the effects of circulating testosterone (which tends to be reduced by LISS and calorie restriction). Note that there's a *bigger dose* of carnitine here than in the original Clean Burn formula, 1,500 mg instead of 1,000 mg.
- **Coconut Fruit Water – 500 mg:** coconut water is an awesome natural source of *electrolytes* like sodium, potassium, calcium, and magnesium, which are crucial for optimal health and are depleted by sweat during prolonged bouts of exercise. Athletes have a higher *baseline* need for electrolyte support than non-athletes, but since calorie restriction involves *eating less food* and thus having a smaller overall electrolyte intake, *dieting athletes* have an even higher need for electrolyte support. If your weight loss strategy is to *cut carbs*, you should be aware that low-carb diets tend to reduce electrolyte levels as well.
- **Organic Apple (Fruit) Cider Vinegar (ACV) Powder – 500 mg:** ACV is the *headlining ingredient* of the Clean Burn Powder formula, and for good reason. There's ample research in *humans* indicating that ACV increases fat burning and accelerates weight loss. ACV seems to work by activating a cluster of genes that turn on *fat oxidation*. It can also reduce *blood pressure* and improve your blood lipid profile.
- **L-Tyrosine – 375 mg:** *tyrosine* is a precursor for *catecholamine*

neurotransmitters like dopamine, adrenaline, and noradrenaline, all of which are implicated in the *fight or flight* response. Supplementation with tyrosine can improve energy and focus, which makes it a great ingredient for any supplement intended to support a calorie-restricted diet. Tyrosine is also important for dieters because it can increase the production of *thyroid hormones*, thus offsetting the *drop* in thyroid function caused by caloric restriction.



Why does Kaged Muscle only use PurCaf caffeine? Outside of it being *naturally-derived*, there may be some fringe benefits to keeping caffeine with its natural counterparts.

Caffeine (as PurCaf caffeine from organic green coffee bean) – 248 mg: derived from USDA-certified *organic green coffee beans*, PurCaf is free of any *xenoestrogenic or industrial residues*. Caffeine is an *ergogenic aid* that increases athletic performance in many domains. It increases cAMP levels, making more energy available to your cells. Caffeine also *specifically* increases fat oxidation, and multiple studies have shown that people who take caffeine immediately before a workout burn more fat for energy during exercise, thus sparing glycogen.[3]

- **Organic Guayusa Leaf Extract – 100 mg:** the *guayusa* plant is a member of the *Ilex* family, which includes edible holly plants like *yerba mate* and *yaupon*. Guayusa is loaded with *methylxanthines* like caffeine and theobromine, which have ergogenic and *thermogenic* effects by increasing the body's rate of fat oxidation. Guayusa also contains *chlorogenic acid*, another thermogenic compound, and *ursolic acid*, a compound that *may* improve body composition via anti-diabetic effects.
- **Capsicum Fruit Extract – 50 mg:** capsicum is another ingredient that increases your body's rate of *fat oxidation*. At rest this energy can be burned off as *heat* in a process called *thermogenesis*, but capsicum can increase the rate of fat oxidation for fuel during exercise.
- **CaloriBurn GP Grains of Paradise Seed extract – 20 mg:** much like capsicum,

this ingredient can increase the rate of fat oxidation for thermogenesis or exercise fuel.

- **Chromium (ChromeMate) – 400 mcg (1143% DV):** increases insulin sensitivity, lowers blood glucose. The *ChromeMate* brand of chromium is bound to *niacin*, which supports NAD+ production. Note the whopping *400 mcg dose* here, which is more than *twice* what Kaged uses in the original Clean Burn formula.

You can see with the formula in Clean Burn Powder that Kaged really went *all in* on thermogenic and ergogenic compounds. Of the *nine* ingredients in this formula, *six* have been shown to *directly* increase the rate of fat oxidation in cells!

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Kaged: Athlete-Friendly but not *just* about muscle



With a new tagline of “Never Stop Evolving”, Kaged Muscle is now KAGED. It’s all discussed in episode #058 of the PricePLOW Podcast.

One of the things we *love* about Kaged is that *all* of their products are tested for banned substances, ensuring that athletes won’t accidentally disqualify themselves from a big event by taking a banned (or tainted!) supplement.

Kaged’s approach to supplement formulation can only be described as *premium*: in addition to ensuring product purity through lab testing, Kaged also consistently opts for *natural flavoring and coloring agents, organic caffeine*, and the *minimum-effective* dose of artificial sweeteners in their products.

Your body is a temple, but it’s also a *machine*. If you care about maximizing your athletic performance, you need to give your body the cleanest inputs possible.

When it comes to product purity, Kaged definitely has your back.

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