

Muscle Elements 212: Don't Just Burn Fat.. BOIL It!!

written by Mike Roberto | August 24, 2015



Muscle Elements 212 is a high powered fat burner that won't just melt fat, it'll BOIL it!

In the wide ranging spectrum of nutritional supplements, perhaps no other category is more well-known, or heavily scrutinized, than fat burners. You have the effective ones that use ingredients shown to aid fat loss, and then the “others” that end up being nothing more than an over-priced bottle of caffeine.

Muscle Elements is one of those companies who makes a truly effective fat burner. **212°** is a thermogenic fat loss aid that won't just help “burn” the fat away, it'll *boil it!*

Everyone loves to talk about ME's pre workout, PreCre, and their upcoming sleep and recovery supplement, Amino PM, but 212° often gets lost in the shuffle. That's a shame and we hope to change it, because 212° lives up to its name.

It comes in both pill and powder forms – and that powder flavor is *top notch!*

Key differences:

- One capsule dose (175mg caffeine)
- Higher dose of yohimbine (5mg)
- Solid dose of stimulant-boosting octopamine (100mg)
- Diuretic components added
- Both pill and powder options available

Before we go into detail about the various lipolytic agents in 212°, take a second to sign up for PricePLOW alerts and check the best deal:

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212° Ingredients

Rarely do we see fat burners that are openly dosed as most companies prefer to keep their “secret” blends a trade secret. Muscle Elements swats that notion away and keeps the transparent dosing that we’ve seen with all of the other products.

Note that the serving sizes below are for just *one* capsule! Also note that we’re focusing on the capsules here – the powder form has some slightly different variations – both labels are shown below to compare:

SUPPLEMENT FACTS

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
212° Full Spectrum Fat Incinerator Blend		
Thermogenic & Nootropic Amplifier Elements™		
Caffeine Anhydrous (Methylxanthine),	175mg	**
Synephrine HCL	30mg	**
Yohimbine HCL	5mg	**
Vinponature 99% (Vinpocetine)	5mg	**
Fat Oxidation & Core Temperature Activator Elements™		
Octopamine HCL	100mg	**
Evodiamine 98%	30mg	**
BioPerine® (Piper Nigrum)	5mg	**
Definition & Tightening Elements™		
Dandelion Extract 20:1	50mg	**
Juniper Berry Extract 4:1	50mg	**
Uva Ursi Leaf 20:1 Extract	50mg	**

**Daily Value Not Established.

212 contains a blend of potent fat burners and cognitive boosters all transparently dosed so you know EXACTLY what you're getting!

SUPPLEMENT FACTS

Serving Size: 1 scoop (6g)
Servings Per Container: 40

	Amount Per Serving	% Daily Value†
Calories	10	
Fat	0g	0%
Total Carbohydrates	2g	1%
Sugars	0g	0%
Calcium	20mg	0%
Thermogenic & Nootropic Amplifier Elements™		
Caffeine Anhydrous (Methylxanthine)	200mg	**
PEA (Phenylethylamine HCL)	100mg	**
L-Theanine	50mg	**
Synephrine HCL	30mg	**
Fat Oxidation & Core Temperature Activator Elements™		
Green Coffee Bean (Coffea Robusta) [50% Chlorogenic Acid]	150mg	**
Octopamine HCL	50mg	**
BioPerine® (Piper Nigrum) (Fruit)	5mg	**
Definition & Tightening Elements™		
Dandelion Root 20:1 Extract	100mg	**
Juniper Berry 4:1 Extract	100mg	**
Uva Ursi Leaf 20:1 Extract	100mg	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value Not Established.

As you can see comparing the two labels, the powdered form of 212 is just a tad bit different from the capsule variety.

• Thermogenic & Nootropic Amplifier Elements

• Caffeine Anhydrous (175mg)

No thermogenic fat loss agent worth its salt is complete without caffeine and 212° doesn't disappoint. It's been shown over and over again to be effective for fat loss, energy, focus, and mood improvement.[1,2,3,4]

However, if caffeine was all that was required to burn fat, all those coffee addicts lining coffeehouses would look like magazine cover models. Caffeine is just the start, and this is a great amount to get things rolling, but there is much more ahead!FYI: The powder form has 200mg caffeine per scoop.

• Synephrine HCL (30mg)

Synephrine is an alkaloid quite similar to 2000's favorite banned fat burner, ephedrine. It can increase the thermic effect of food, meaning your body will burn extra calories just digesting the food you eat.[5]

Synephrine also acts as a potent Beta 2 and Beta 3 agonist in the body.[6,7] This is a very good thing to have in a fat burner as it triggers the release of triglycerides where they can be used for energy instead of being stored for fat.

• Yohimbine HCL (5mg)

Yohimbine is another naturally occurring alkaloid derived from the *Pausinystalia yohimbe* tree. It acts as an alpha-2-adrenergic blocking agent that increases noradrenaline release,[8] and may improve alertness and cognition.[9]Yohimbine's strongest attributes lies in the fat loss and

appetite suppression department.

Research demonstrates that supplementing with yohimbine is particularly effective at enhancing lipolysis, increasing appetite control and energy expenditure.[10,11,12]Note that this is a higher-than-average dose of yohimbine for a fat burner. It's often kept in lower doses (such as around 1-1.5mg) inside of other formulas. The good news is that this will be a lot more effective. However, if you're sensitive to yohimbine, you'll want to start with half a scoop of the powder to assess this and then slowly move up.

- **Vinpocetine (5mg)**

Vinpocetine is a nootropic compound found in the Periwinkle plant. Similar to CDP-Choline or Alpha GPC, it acts as a stimulant free cognitive enhancer in the body.Vinpocetine boosts brain productivity by increasing cerebral blood flow,[13] which leads to better memory formation, mental processing speed, and cognition.[14,15,16]

- **Fat Oxidation & Core Temperature Activator Elements**

muscle elements Me

212
Full Spectrum Fat Incinerator

SUPPLEMENT FACTS
Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	% Daily Value
212 Full Spectrum Fat Incinerator Blend		
Thermogenic & Nootropic Amplifier Elements**		
Caffeine Anhydrous (Methylxanthine)	175mg	---
Synephrine HCL	50mg	---
Yohimbine HCL	5mg	---
Vinpocetine 99% (Vinpocetine)	5mg	---
Fat Oxidation & Core Temperature Activator Elements**		
Evodiamine 98%	50mg	---
Octopamine HCL	100mg	---
Definition & Tightening Elements**		
Dandelion Extract 20:1	50mg	---
Juniper Berry Extract 4:1	50mg	---
Uva Ursi Leaf 20:1 Extract	50mg	---

**Daily Value Not Established.

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212 uses 3 unique blends to raise your core temperature, kickstart your metabolism, and flush excess water from the body.

- **Octopamine HCL (100mg)**

Octopamine is a amine found in the human brain that exhibits stimulatory effects similar to its relative, synephrine. Aside from its stim kick, octopamine aids fat burning by preventing glucose uptake by fat cells (adipocytes) by inhibiting the beta-3 adrenoceptors.[17] Furthermore, octopamine activates the alpha-1-adrenergic receptors thereby inducing

lipolysis (a.k.a. fat-burning!)[18]A word of warning to all athletes, octopamine is on the WADA banned substances list, so if you're engaged in collegiate or professional sports, 212 is on your no-no list!

Like the higher dose of yohimbine, this is one of the great difference-makers in 212. For all of the users who love the way this fat burner feels but aren't sure why... this could very well be one major reason.

- **Evodiamine 98% (30mg)**

Evodiamine functions similarly to capsaicin by stimulating the vanilloids in your body and reducing fat uptake by the cells.[19] It also suppresses circulating levels of caffeine in the body.[20,21]

This will help smooth out the stimulatory effects caffeine, especially if you experience "jitters" when using caffeine or other stims. Finally, evodiamine acts as a mental-booster by improving cognition.[22]

- **BioPerine (5mg)**

BioPerine is a patented black pepper (piper nigrum) extract used to increase the bioavailability of various minerals and nutrients and should aid in the absorption of these compounds.

- **Definition & Tightening Elements**



The best things in life make you SWEATy.

#SweatWithMe

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Me
212
212

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Whether you choose capsule or powder, you can rest assured you'll be sweating away the pounds without having to lift a finger!

Muscle Elements made another huge distinction against the competition with

this group of ingredients – a little bit of **diuretic support**. These ingredients will help draw some water away from the skin, tightening up the look. It's especially popular for pre-contest (or pre-vacation) dieters to get that last little bit of shred going, and most fat burners don't include a blend like this.

- **Dandelion Extract 20:1 (50mg)**

We typically think of dandelion as a weed, but it's actually possesses a wealth of fat loss benefits. It directly aids weight loss by preventing fat cell differentiation and the accumulation of lipids.[23] Additionally, it may also prevent the absorption of certain carbohydrates.[25] Dandelion will also exert a "drying" effect on the body by acting as a powerful diuretic agent.[24]

- **Juniper Berry Extract 4:1 (50mg)**

Fans of Muscle Elements' LeanWorks are quite familiar with Juniper Berry. Aside from its use as an ancient medicine and spice, it's highly regarded for its pro-diuretic effects,[26,27]. This will further "dry" you out and yield the hard and defined look you've been after!

- **Uva Ursi Leaf Extract 20:1 (50mg)**

Also known as *bear's grape*, Uva Ursi is another plant, and our final ingredient, that helps flush out excess water from the body. It's long been used for treating infections of the urinary tract, but has also found a way into weight loss supplements as a potent diuretic agent.[28]

Dosing



Need anymore motivation to work out and get shredded?!

Take 1 capsule on an empty stomach upon waking and see how your body reacts to the concoction of stims and diuretic agents. Another capsule may be added after lunch, should you experience no adverse reactions. However, Muscle Elements advises to NOT exceed more than 3 capsules in a 24 hour period!

Takeaway

212° was created for anyone looking to burn unwanted fat, increase mental acuity and enhance their performance in the weight room or on the field. Using a combination of proven fat loss agents and nootropic compounds – at serious doses – 212 will give you a leg up on the competition and have you looking your best whether it's competition season or bulking season.

Make sure to check the widget below for the best price and be ready to BOIL all your unwanted fat away.

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