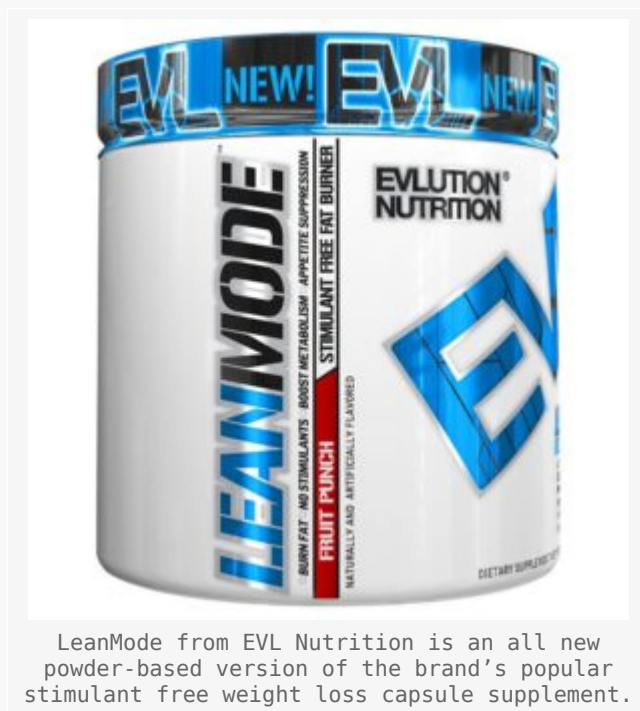


# EVL LeanMode: Fat Burning Powder Replaces Your Soda

written by Mike Roberto | June 14, 2017



Stimulant-free fat burners represent a unique challenge in the supplement industry. They try to replicate the same enhanced fat burning and appetite suppression as conventional fat burners, sans stimulants, much the same as caffeine-free pre workout supplements (like EVL PumpMode) are to stimmed pre's. However, the gap between stimmed and non-stimmed pre workouts isn't *nearly* as great as that between the two forms of weight loss aids. But, that hasn't stopped companies from trying!

**EVL** has developed a *powdered* non-stimulant fat burner ideal for those who are caffeine-sensitive, or want to get their daily caffeine fix from other supplements or beverages.

**LeanMode** incorporates some of the most proven non-stimulant weight loss aids available in one convenient powder-based supplement that's ideal for anyone who does not like taking pills or prefers drinks.

We've got more info ahead, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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*Note: In the price comparisons above, this post will talk about the powdered version labeled as "Servings".*

## LeanMode Ingredients (Powder)

Overall, LeanMode is very well dosed and transparently labeled, so you know exactly how much and what you're taking in each and every serving.

*Note: Doses listed below are based on the **powder version** of EVL LeanMode.*

- **CLA (1g)**

30 Servings		Fruit Punch
Serving Size 5.1 g		
Servings Per Container 30		
Amount Per Serving	%DV	
CLA (Conjugated Linoleic Acid) Powder (std. min. 60% CLA)	1,000 mg †	
Acetyl-L-Carnitine	1,000 mg †	
Green Coffee Bean Extract	200 mg †	
Garcinia Cambogia Extract (std. min. 60% HCA) (fruit rind)	200 mg †	
Green Tea Leaf Extract (std. min. 60% EGCG)	100 mg †	
Percent Daily Values are based on a 2,000 calorie diet.		
† Daily value not established.		
<b>Other Ingredients:</b>		
Natural and Artificial Flavor, Malic Acid, Silica, Calcium Silicate, Citric Acid, Sucralose, Acesulfame Potassium, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), FD&C Red 40		

LeanMode uses several of the most common stim-free fat burning ingredients around to enhance weight loss.

Conjugated linoleic acid (CLA) is a group of several naturally-occurring omega-6 fatty acids found in meat and dairy. It's one of the few ingredients in the supplement industry that has been extensively studied for accelerating fat loss and supporting lean mass.[1,2,3]

Research has shown that CLA is a stim-free way to enhance fat burning by increasing one's metabolic rate as well as inhibiting Lipoprotein Lipase (LPL)[4] – an enzyme that enables fat cells to shuttle fat out of the bloodstream and then store it as fat. Inhibiting LPL encourages keeps fats in

circulation allowing you to burn them for fuel as opposed to storing it in around your stomach, thighs, or glutes.

### **Best for low-fat dieters and non-meateaters / non-dairy-eaters**

Our take? This ingredient is best on *low-fat diets* or diets low in dairy or meat. Those individuals don't get enough of this valuable fatty acid and should consider supplementing. Everyone else, however, may get plenty already.

- **Acetyl L-Carnitine (1g)**

Carnitine is a substance in the body that supports energy production by shuttling fatty acids into the mitochondria of cells to be burned for energy. It also supports athletic performance, by way of the enhanced energy production. The problem is regular L-Carnitine isn't all that useful for the majority of us.

However, Acetyl L-Carnitine (ALCAR) is an incredibly bioavailable form of Carnitine and can even cross the blood-brain barrier (BBB). ALCAR is great for focus, but it also improves "fatty acid dumping" in the body, a process where fats are excreted by the body when cells shift into fat burning.[5]

- **Green Coffee Bean Extract (200mg)**



Green Coffee Bean is rich in chlorogenic acid which is full of health benefits.

Coffee Bean Extract (GCBE) has seen its fair share of skepticism over the years, but the ingredient isn't completely without merit. It's loaded with **chlorogenic acid** which has been shown to be beneficial to fat loss.

Specifically, chlorogenic acid stimulates free fatty acid release[6] and reduces progression of diminishing glucose-tolerance response (a.k.a. insulin-resistance).[7] In other words, chlorogenic acid may be useful in combatting hallmark symptoms of Type II Diabetes and obesity.

- **Garcinia Cambogia Extract (200mg)**

Another ingredient that's received a good bit of controversial press over the years is Garcinia Cambogia. The reason the ingredient has been dragged through the mud is thanks in part to Dr. Oz and the manufacturers of Garcinia who were funding some poorly conducted studies..[5,6]

However, a fair amount of animal studies have shown it's effective for fat loss, but we'd like to see more human research published before fully endorsing it as a "wonder" weight loss ingredient.

EVL uses a Garcinia extract standardized to a minimum 60% hydroxycitric acid (HCA), which is quite good, as HCA inhibits lipogenesis while also enhancing lipolysis. This translates into less fat storage in "trouble" areas.

- **Green Tea Leaf Extract (100mg)**



Green Tea really needs little explanation for its effects. It's well established to provide a number of benefits, most importantly in regards to cardiovascular health. But, green tea extract is also a powerful ally in the war on weight.

Research into green tea demonstrates it enhances fat burning by way of EGCG's role in promoting lipolysis.[6,7] EVL includes a green tea extract standardized to 60% EGCG, which is on the higher end of green tea extracts we've seen. We'd just wish the dose of this powerhouse ingredient was a bit

higher.

Also, if you're into the stim-free game, don't forget about EVL's PumpMode to take before your workouts!

## Flavors Available

EVL LeanMode comes in both capsules and powder options, but given the growing popularity of powdered fat burners, you'll probably want to venture towards the powder option. If you do, you'll be able to choose between four flavors: **Pink Lemonade, Peach Tea, Grape and Fruit Punch.**

## Takeaway

Our take is that there are a few useful cases for a powder such as this.



First and foremost, low-fat dieters and dairy-free, meat-free diets will benefit from the CLA. But second, anyone who has a soft drink problem can find their favorite flavor here and replace it with LeanMode. Many find it boring to drink water, and this can help without spiking insulin. If you knock out those 100+ soda/sugar calories every day, you'll have results each week from that *alone*.

Stimulant free fat burners are a mixed bag for most supplement users, as they prefer to have stimulants in their weight loss aids for the added fat loss and appetite suppression benefits they provide. That being said, EVL LeanMode can be used alongside a stimulant-laden fat burner, or on its own if you're avoiding stims for the time being.

Remember, fat loss supplements can enhance fat loss, but ultimately your success with losing weight will be determined primarily by your diet.

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