

Magnum After Burner – Nighttime Fat Shredding

written by Mike Roberto | April 4, 2016



There's comes a point in nearly everyone's life when it's time to start dieting and embrace a hard cut. For most lifters, that time is right about now, a few months before it's beach season.

Most people will use a combination of reduced calories and a few stimulant based fat burners to help shed the weight. But that leaves a period of 8-10 hours that you're not using a fat burning product (the time you sleep) to help metabolize even more fat.

Magnum Nutraceuticals has solved that problem with a new nighttime stimulant-free fat burner that keeps your body in shred mode even while you sleep. **Magnum After Burner** will have your body in thermogenic overdrive during those crucial hours of sleep so that you wake up lighter than when you went to bed.

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After Burner Ingredients

So, if we're not using things like caffeine or yohimbe, what's igniting the fat burning engine in your body? After Burner uses a combination of ingredients that forces your body to burn its stored fat for energy, thereby inhibiting fat storage (the enemy).

Note: Doses described below are based on one full serving (three capsules).d

- **Sesamin (1500mg)**

BETTER INGREDIENTS, BETTER RESULTS.®
Recommended Dose: Take 3 capsules before bed.

SUPPLEMENT FACTS
Serving Size: 3 Capsules
Servings per bottle: 24

	Amount Per Serving	% Daily Value
Sesamin	1500mg	†
Hops P.E. (Humulus lupulus)(standardized for isochumulones) (Perluan™)	250mg	†
Fucoxanthin Extract	50mg	†
Grains of paradise extract (Standardized for 6-Gingerol 5% & 8-Paradol 12%) (Aframomum melegueta) (seed)	40mg	†
OEA (Oleoyl ethanolamine)	30mg	†
Piperine 95% Extract (Black Pepper)(Piper nigrum L.)	3.33mg	†

† Daily Value not established

Other ingredients: Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate, Pharmaceutical Grade Halal and Kosher Gelatin Capsules, Red Colour (FD&C Red 3, FD&C Blue 1) and Gelatin.

Warning: Do not use if you are under 16 years of age, pregnant or nursing.
Consult your physician before use if you have a medical condition or are taking any prescription drugs.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

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After Burner uses a number of ingredients to turn off fat storage, turn on fat burning, and suppress hunger.

Sesamin is the most well known lignan contained in sesame seeds. Sesamin is helpful in curbing appetite, inhibiting cravings, and most important of all stimulating PPAR (peroxisome proliferator-activated receptors).[1,2]

Why is this important?

Activating these PPAR receptors activate genes that promote fat utilization and deactivate fat storage. Research has demonstrated fatty acid oxidation

increases 10-280% with Sesamin supplementation.[2]

Here's where After Burner's magic starts to alter your metabolism from a fat-storing one, to a fat burning one.

- **Hops P.E. (250mg)**

Anyone who's indulged in a delicious craft beer has noted the wonderful flavor that are hops. Little did you realize those 12 oz bottles of bubbly goodness actually contained a potent fat burning compound – *and* they can help you sleep better too!

Hops extract possesses the unique ability to ignite thermogenesis in brown adipose tissue (brown fat), which helps your body prevent fat accumulation.[3] New research has even shown that consuming hops extract reduces body fat, particularly the abdominal visceral fat, in overweight and obese subjects.[4]

Lastly in terms of weight loss, hops not only prevent your body from storing fat and reducing it, it can actually *inhibit* your body from absorbing fat in the intestines.[5] Less fat absorbed means less calories absorbed by the body, which leads to more weight loss.

Improved sleep!



After Burner ramps up your metabolism and kicks thermogenesis into high gear.

In our Best Sleep Aid guide, where Magnum's sleep supplement G-Spring ranks high thanks to its higher-than-average dose of melatonin, we also note that several studies have shown that Hops improves sleep quality as well! Not only that, but they help you *fall* asleep faster.[16] Unfortunately, most hops sleep

studies combine it with valerian root,[17,18,19,20,21,22] which we know helps with sleep, but the solo hops study is extremely promising for anyone who tosses and turns.

This mechanism works through the brain's GABA receptors,[23,24,25] and interestingly, GABA has recently been introduced to the weight loss market as well. The benefits start to come full circle here.

Anyway, more time sleeping means less time eating and more time recovering – everything a hard-working dieter needs.

• Fucoxanthin Extract (50mg)

MAGNUM AFTER BURNER® IS THE BEST CHOICE FOR YOUR BEDTIME FAT BURNER BECAUSE:

- It's 100% Pharmaceutical Grade for better, faster results.
- It's a new age, science-based bedtime fat burner that works!
- It activates your brown adipose tissue while you sleep, making you fat actually burn fat.*
- It reduces nighttime food cravings and increases hunger signals, making a reduced calorie diet much easier to sustain.*
- It increases uncoupling protein (UCP), which increases the amount of calories burned (or produces the same amount of energy) allowing you to burn fat faster.*

THE KEY PHARMACEUTICAL GRADE INGREDIENTS IN MAGNUM AFTER BURNER® ARE:

- SESAMIN
- HOPS EXTRACT
- FUcoxanthin EXTRACT
- GRAINS OF PARADISE EXTRACT
- DEA
- PIPERINE

SI **Certified cGMP** **MADE IN CANADA**

Magnum uses only the highest quality extracts in After Burner to ensure round the clock fat burning.

Fucoxanthin is a carotenoid found predominantly in seaweed that's been studied for a variety of benefits in regards to weight loss and glucose metabolism. Several studies on the carotenoid demonstrate it has the ability to simultaneously improve carbohydrate metabolism, as well as increase GLUT4 expression in skeletal muscle.[6,7]

Basically, this means the carbs you are consuming are shuttled to your muscles, where they belong, and not to those trouble spots like your waist, hips, and glutes.

Additionally, fucoxanthin directly impacts through its ability to act as a beta-3 adrenergic agonist in white adipose (fat) tissue.[7] Stimulating white fat then increases activity of Uncoupling Protein 1 (UCP1) which indirectly boosts your metabolic rate.[8] Over time, this leads to a higher metabolic rate and decreased body fat.[9]

- **Grains of Paradise Extract (40mg)**

Grains of Paradise, also known as *Aframomum melegueta*, has traditionally been used as a spice in the culinary arts. However, it's also been used increasingly as an effective non-stimulant fat burning ingredient.

Clinical studies have found evidence that extracts from the spice significantly increase energy expenditure and accelerate the loss of brown fat.[10,11] Increased energy expenditure means more calories are burned each day (and night!), which results in greater weight loss and visibly reduced visceral fat.[12]

- **OEA (30mg)**

MAGNUM AFTER BURNER
AFTER YOUR DAY IS OVER, BURN EVEN MORE FAT!

INGREDIENT	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION	IMPROVED FAT OXYGENATION
MAGNUM	+	+	+	+	+	+	+	+	+	+
ADIPIC ACID	+	+	+	+	+	+	+	+	+	+
L-CARNITINE	+	+	+	+	+	+	+	+	+	+
GRAINS OF PARADISE EXTRACT	+	+	+	+	+	+	+	+	+	+
OLEOETHANOLAMIDE (OEA)	+	+	+	+	+	+	+	+	+	+
MAGNUM	+	+	+	+	+	+	+	+	+	+

MAGNUM AFTER BURNER KEY INFORMATION

SUPPLEMENT FACTS
Serving Size: 2 Capsules
Servings per Bottle: 30

	Amount Per Serving	% Daily Value*
Capsules	30	100%
Magnesium	100mg	20%
L-Carnitine	250mg	50%
Phenylethylamine	50mg	10%
OEA (Oleylethanolamide)	30mg	100%
Grains of Paradise Extract	40mg	100%
Adipic Acid	300mg	100%

PART OF THE MAGNUM CONTEST PREP STACK

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After Burner does much MUCH more than just help shed fat...

Oleylethanolamide (OEA) is a molecule produced by the body that helps you feel full after a meal. It's also another PPAR activator included in After Burner. OEA activates PPAR in the intestines, which ultimately influences the brain's governing role in food intake.[13,14]

Ultimately, consuming less food and feeling fuller sooner are both beneficial on a cut where calories are at a premium, as is satiety. Not having those nagging hunger pangs in between meals will go a long way to keeping you on your weight loss track and get you to your ideal physique that much sooner.

• Piperine 95% Extract (5mg)

Black pepper extracts are nothing new to most supplement users. Piperine is the active alkaloid in black peppercorns that give it its well-known absorption enhancing properties.

Piperine inhibits the body's metabolization of the other various extracts included. This means that the important fat burning ingredients stay active longer in the body and therefore, enhance their effectiveness.[15]

Dosing

To maximize your fat burning potential while you get those crucial 8-10 hours of sleep, consume 3 capsules right before bedtime.

Takeaway

A stimulant free fat burner is nothing new to the market. We see them all the time.

The logo for Magnum Nutraceuticals features the word "MAGNUM" in a large, bold, black, sans-serif font. Below it, the word "NUTRACEUTICALS" is written in a smaller, all-caps, black, sans-serif font. The letters are widely spaced.

Click the image to compare prices on all HardMagnum supplements!

What *is* new to the market is a uniquely *effective* stim-free fat burner that has some new ingredients to the table, and might help you sleep better to boot. There's a lot of things to be excited for here. Magnum's newest creation puts it a head above the competition as After Burner contains compounds proven to inhibit fat accumulation and accelerate fat burning.

Normally we love to "feel" stimulant-based fat burners, often from their stimulants or added focus ingredients. In this case, the "feel" is going to come in terms of sleep-enhancing hops, which we're really excited to see in a nighttime product. It's not used often enough, not even in many sleep aids!

To have the ultimate shredding combo, consider pairing After Burner with one of Magnum's other potent stim-based fat burners, such as Heat Accelerated, for all day-fat burning. If you like to keep it stimulant-free, try Magnum's Carne Diem to keep L-Carnitine and choline levels high for more focused weight loss!

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