

Myokem Thyrovate – New Stim-Free Fat Burner

written by Mike Roberto | February 11, 2016



If there's one supplement category that equally as popular as pre workouts, it has to be fat burners. People have their favorites when it comes to their pre workout, but often have no idea what separate a good fat burner from a useless one.

Frequently, people think the best fat burner is the one with the most stims, but this isn't always the case. Society is already over-stimmed as is, and that's what makes the stim free fat burner class so appealing to the masses.

A stim-free fat burner to stack with Pyroxamine!

Myokem appears to have their answer with **Thyrovate**, a zero-stim fat burner that claims superior appetite suppression and accelerated fat loss. It's yet another

incredibly unique product from Myokem, with some ingredients worth a look.

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We're huge fans of Myokem's Pyroxamine (free samples available [here!](#)), their stimulant-based fat burner which is high up in our **Best Fat Burner** list – this *can* be stacked with it, since it's not adding more stimulants and has a few new pathways to hit.

Thyrovate Ingredients

As with all of Myokem's new and reformulated products, Thyrovate makes use of a completely open label. There's plenty of new ingredients within to help trim the fat and slim your midsection, starting with:

- **Japanese Mugwort Extract (300mg)**

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

Amount per Serving %DV		
THYROVATE™ Stim-Free Thermogenic Matrix		
Japanese mugwort (<i>Artemisia iwayomogi</i>) extract (20:1) (Whole herb)	300 mg	**
iFAS503® (Green tea (<i>Camellia sinensis</i>) leaf extract, Tuber fleeceflower (<i>Fallopia multiflora</i>) root extract, Chinese mistletoe (<i>Viscum album</i>) stem extract)	250 mg	**
Olive leaf (<i>Olea europaea</i>) extract (std. min. 40% Oleuropein) (Leaves)	200 mg	**
Weak jumby pepper (<i>Microtea debilis</i>) extract (std. min. 50% Cirsimarin) (Whole herb)	140 mg	**
Sensori® ashwagandha (<i>Withania somnifera</i>) extract (std. min. 8% withanolide glycoside conjugates and 32% oligosaccharides) (Roots and Leaves)	125 mg	**
Paradoxine™ Grains of Paradise (<i>Aframomum melegueta</i>) extract (std. min. 12.5% 6-Paradol) (Seeds)	80 mg	**
Wakame (<i>Undaria pinnatifida</i>) extract (std. min. 50% Fucoxanthin) (Whole Plant)	20 mg	**
Bioperine® Black Pepper (<i>Piper nigrum</i>) extract (std. min. 95% Piperine) (fruit)	5 mg	**
**Percent Daily Value (%DV) not established		

Other ingredients: Maltodextrin, Gelatin, Magnesium Sterate, Silica, Titanium Dioxide

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Bioperine® is a registered trademark of Sabinsa Corporation (U.S. Patents #5,536,506, #5,744,161, #5,972,382)

iFAS503® is a registered trademark of Integrity Nutraceuticals and is protected under U.S. Patent #7,674,484

Thyrovate makes use of several known and a few new herbal extracts included to accelerate weight loss without stimulating you out.

Japanese Mugwort, a.k.a. *Artemisia iwayomogi*, is named after the Greek goddess Artemis, goddess of virginity, animals, hunting and childbirth. Traditionally, the herb was used for its medicinal effects as well as culinary purposes in Korea.

Not much has been done on humans, but one animal study using a 95% ethanolic extract of Japanese mugwort found it demonstrated weight loss while the mice were on a high fat diet.[1] The same study also showed the extract improved glucose uptake into the skeletal muscle cell, in an insulin-dependent manner.[1]

- **iFAS503 (250mg)**

iFAS503 is a proprietary patented combination of three **Fatty Acid Synthase inhibitors**: Green Tea, Tuber Fleeceflower, and Parasitic Loranthus. Green tea extracts have long been established as an effective ingredient for weight loss, alertness, and antioxidants, but what are the rest of the ingredients?

Tuber fleeceflower and parasitic loranthus have both been used for a long time in traditional Chinese medicine, and more recent studies demonstrate it may inhibit the synthesis of fatty acids.[2,3]

The research isn't overflowing, but a few rat studies out of Chinese universities show it's beneficial. We're not sure at this point if it really is a wonder ingredient or not, more clinical, peer-reviewed research needs to be compiled first.

- **Olive Leaf Extract (200mg)**

Olive leaf extracts are a natural and rather potent booster of thyroid hormone. Research demonstrate that even minimal doses of olive leaf extract have increased thyroid levels.[4] The real upside to olive leaf extracts are its high oleuropein content. This helps lower cholesterol as well as regulate blood pressure and glucose levels.[5,6,7]

- **Weak Jumby Pepper (140mg)**



Weak Jumbo Pepper is a clever name for the ingredient cirsimarin, which is derived from a small creeping herb called *Microtea debilis*. One small, in vitro animal study found that weak jumbo pepper exerted “strong lipolytic properties being 20 times more potent than caffeine to stimulate lipolysis, at least in part through cyclic nucleotide preservation.[8]

Again, this was in vitro, in animals, so could it be useful in humans? Possibly, but until more research is done on humans, the jury is out.

- **Sensoril Ashwagandra Extract (125mg)**

With dieting inevitably comes stress. Stress releases cortisol which causes the body to hold onto its fat stores, making it even harder to lose those troublesome pounds. It’s time to de-stress!

Thyrovate includes Sensoril, the widely popular patented form of Ashwagandha extract. Ashwagandha is an adaptogenic herb that helps mitigate feelings of anxiety and stress.[10] Furthermore, the herb increases serum levels of Luteinizing Hormone (LH) Testosterone, while decreasing levels of Follicle Stimulating Hormone (FSH), which has been shown to improve semen quality in men.[9]

- **Paradoxine Grains of Paradise Extract (80mg)**

Aframomum melegueta, also known as “Grains of Paradise” is typically used for adding a bit of spice to various cooked dishes. However, it’s also found its way into a number of popular fat burners on the market.

Research demonstrates the extract may significantly increase energy expenditure and accelerate the loss of brown adipose (fat) tissue.[10,11] Greater energy expenditure increases the amount of calories you burn each day, which leads to more weight loss and less visceral fat.[12]

- **Wakame Extract (20mg)**



Looking to really crank up the fat burning? Stack Thyrovate with Myokem's stim-based Pyroxamine fat burner.

Wakame is a type of seaweed often seen in sushi. It also contains a powerful carotenoid called fucoxanthin. This compound has been studied for a variety of benefits in regards to weight loss and glucose metabolism.

Research on fucoxanthin shows it improves carbohydrate metabolism, as well as increases GLUT4 expression in skeletal muscle.[13,14] While this may sound complicated, it basically means that carb will get stored in your muscles instead of those “troublesome” spots like love handles and thighs.

There's more though! Fucoxanthin also functions as a beta-3 adrenergic agonist in white adipose (fat) tissue,[14] which increases the activity of Uncoupling Protein 1 (UCP1). This indirectly boosts your metabolic rate resulting in decrease body fat.[15]

- **Bioperine (5mg)**

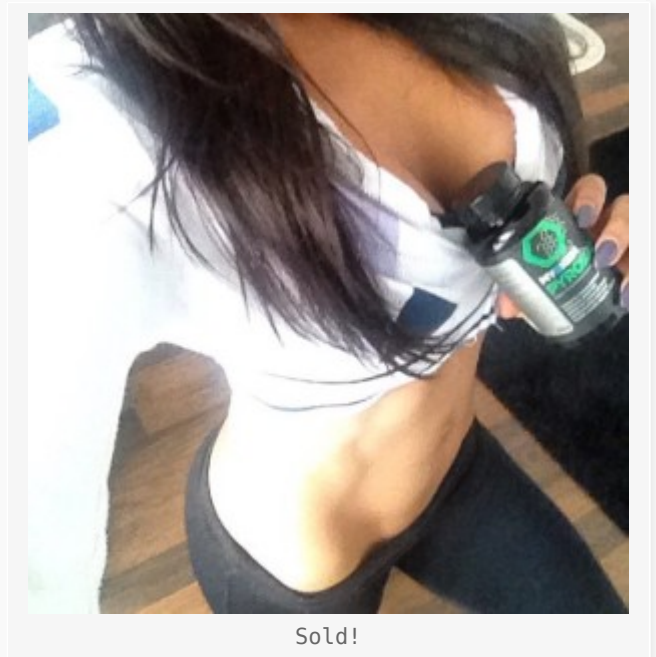
Bioperine is the wildly popular and patented form of black pepper extract. Black pepper extracts improve the bioavailability of all the other ingredients included in Thyrovate. Bioperine inhibits the body's metabolism of the other ingredients making them stay around longer thereby improving their

bioavailability in the body.[17]

Dosing

Each bottle of Thyrovate contains 60 capsules. Take two capsules in the morning with a meal. You may take an additional two capsules in the evening with a meal, if desired. DO NOT EXCEED TWO SERVINGS PER DAY!

Takeaway



Sold!

Stim-free fat burners are hard to gauge. The most *effective* ingredients are often stimulants combined with caffeine, but those aren't the *only* ingredients.

Thyrovate is a mashup of some cutting-edge fringe extracts and proven weight loss commodities. It's far from being a slam-dunk on our *Best Fat Burner guide* (although you *will* find Myokem's Pyroxamine fat burner high up on our Top 10 list) but the inclusion of new ingredients is always something that grabs our attention.

All in all, if you're looking for a few new stim-free ingredients, you should give it a shot, but we're really not sure how it'll play out for everyone just yet. Most likely, you'll want to use this alongside Myokem's Pyroxamine or some other stim-based fat burner that you currently use to accelerate your results rather than as a standalone product.

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