

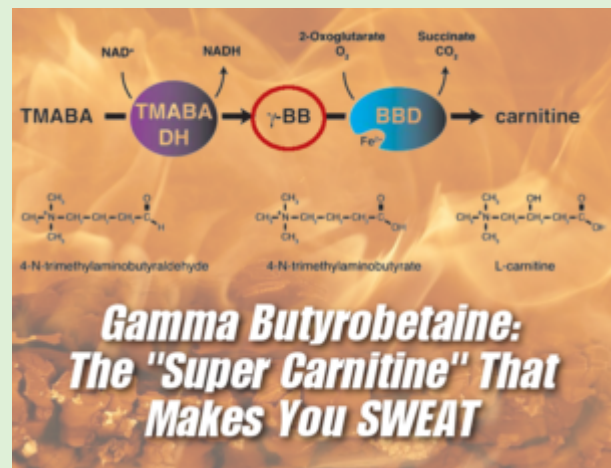
GBB (Gamma-Butyrobetaine Ethyl Ester): Super Carnitine That Makes You Sweat?!

written by Mike Roberto | July 12, 2018

If you follow PricePLOW, you have likely tried a *carnitine*-based supplement in the past. What if we told you that *everything* you've taken may pale compared to the new kid on the block, **GBB**?

The short goes like this: Not only will it leave you sweating more than anything on the market, it *still* provides the amazing general health benefits associated with carnitine supplementation. Dive into this post to find out if this carnitine precursor is on a path to dethroning the carnitine world as we know it!

TL;DR



GBB, or *Gamma-Butyrobetaine ethyl ester HCl*, is the molecule that your body converts into L-Carnitine when naturally producing its own carnitine.

- **Pro-Carnitine:** Studies show that its supplementation can increase the body's plasma L-Carnitine levels by nearly double! Thus, the benefits of GBB are similar to the benefits of carnitine supplementation – they depend on the user's diet and carnitine status.
- **Thermogenic!** For some unknown reason (we have theories), GBB causes a serious amount of thermogenesis and *sweating*, especially if taken pre-workout, so it has been included in several new thermogenic fat burners.
- **Dosage:** The typical dose is *10-20mg twice daily*, and right now our conservative daily max is 50mg, although many have gone higher and studies have tested *far* higher.



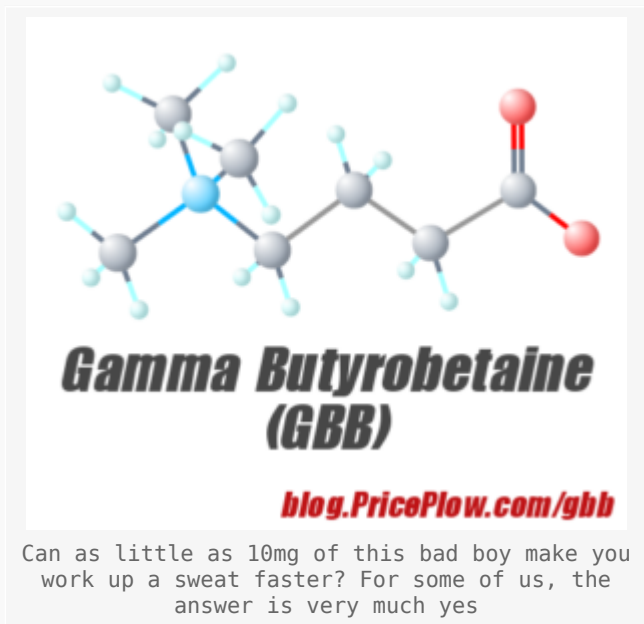
- **Featured GBB Supplements:** There are several ways to use GBB, so it first depends on your form factor:

- **Fat Burning Powder:** For a heated, *energy-based* fat burning drink, we've been incredibly impressed with SteelFit Steel Sweat.
- **Stimulant-Free Fat Burning Powder:** The updated (Feb 2021) version of Glaxon Thermal has 30mg GBB alongside the incredible MitoBurn from NNB Nutrition.
- **Liquid L-Carnitine:** If you're a fan of doing "L-Carnitine" shots, then VMI Sports L-Carnitine 1500 Heat has a three-way blend of L-Carnitine on *top* of GBB and grains of paradise to keep you thermogenic!
- **Trusted Ingredient:** We've tested and trusted *ProGBB*, which is manufactured by *SYNMR Biotechnologies*. Read more at ProGBB.com (see their lab tests)
- **Safety:** Safety studies even include *infants*, and GBB is theorized to be *safer* than carnitine supplements at these doses because there's no chance of it turning into toxic D-Carnitine, which could potentially be in some carnitine supplements.

Watch our YouTube video about GBB

If you don't feel like reading, you can also watch Mike, founder of PricePLOW, explain GBB below:

Up-Front: What are the typical GBB “claims”?



The *purpose* of this post is to educate and investigate the science on GBB, a relatively new soldier on the supplement ingredient chess board. Formally known as **Gamma-Butyrobetaine ethyl ester HCl**, GBB is an ingredient we see in newer fat-burners. While there are several claims made about the benefits of GBB, they have usually used it as a “*sweat amplification*” agent in products like SteelFit’s Steel Sweat .

A few clinical trials that show GBB to be a formidable ingredient for the industry and certain types of dieters. The most impressive amongst these claims is a result that showed a **near-doubling of plasma carnitine levels after supplementation**, and an increase of 300% carnitine excretion.[1,2] In addition, it’s often advertised that GBB will function similarly to other carnitine supplements... but takes a step further due to its ability to raise plasma levels so incredibly high.

The recommended dosage of GBB sets it apart from other forms of carnitine supplements. While industry veterans like acetyl-l-carnitine (ALCAR) or l-carnitine-l-tartrate (LCLT) typically require doses closer to a gram, GBB works similarly to other forms of carnitine in far lower doses like **50mg per day**. This is a huge win for GBB, as high doses of other carnitine supplements take up too much space (disadvantageous in a capsule) and simply cost more.

Effect of dietary carnitine precursors on serum total carnitine concentrations¹

Day	Diet supplement, d 11–20		
	Lysine + Methionine n = 6	ϵ -N-Trimethyllysine n = 5	γ -Butyrobetaine n = 5
		<i>nmol/ml</i>	
2	44.1 (6.8)	39.3 (10.4)	50.2 (6.9)
4	45.5 (8.3)*	42.6 (7.8)	45.4 (3.0)
6	43.3 (8.9)	39.2 (9.1)	48.6 (11.6)
8	40.2 (8.3)	38.6 (3.4)	50.2 (10.1)
10	40.3 (7.7)	42.0 (7.3)	50.1 (10.5)
12	38.1 (9.2)	46.0 (6.6)	80.8 (15.8)*
14	41.4 (8.2)	47.3 (6.5)	89.4 (16.6)*
16	42.7 (7.7)	53.4 (7.3)*	87.0 (20.2)*
18	44.9 (7.7)*	52.3 (6.5)*	87.9 (13.7)*
20	41.8 (7.5)	56.0 (7.8)*	88.7 (14.3)*

¹Values are mean (SD) for total carnitine concentrations. *P < 0.05, compared to value on d 10 in the same column.

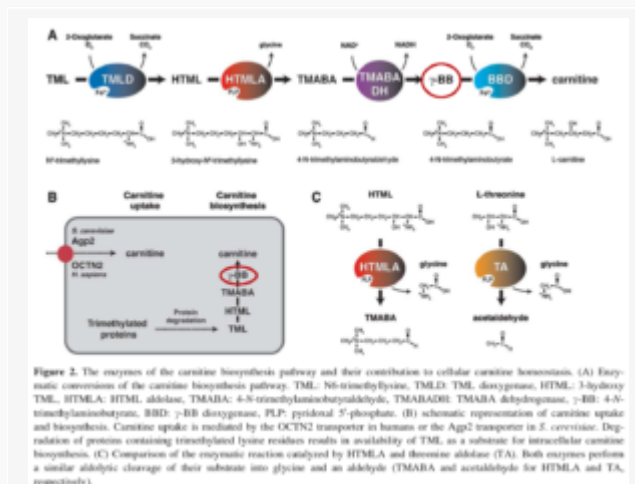
An early study on carnitine’s precursors showed that GBB (to the right) is the best of the bunch at increasing plasma carnitine levels.[1]

“Super Carnitine”?

In past posts regarding GBB, we’ve called it “super carnitine”, as this is how several companies see the ingredient. It has *clinical* research backing its safety, it has a low active dose, and it raises carnitine levels in the body higher than other supplements. What’s NOT to love?

Seeing that nobody online has done any *serious* research on the ingredient, we dug up every scientific paper possible on GBB to see if these claims were true. Here’s what we came up with:

What is GBB?



The Carnitine Biosynthesis Pathway.[3] GBB, or γ BB, is circled in red.

Gamma-butyrobetaine eventually gets converted into L-carnitine. Through an enzyme known as *Gamma-butyrobetaine dioxygenase* (or *BBD*[3]), GBB is converted to L-carnitine. “GB dioxygenase”, as the name implies, is an oxidoreductase enzyme,[4] and these enzymes facilitate conversions through electron movement. By supplementing with GBB, you provide a “push” for the body to produce more L-Carnitine. Think of GBB like lumber set aside to build a house. More lumber equals more house!

To understand *why* it “pushes” the body to produce more L-carnitine, get ready for some basic general chemistry lessons. Chemical reactions tend to behave according to *Le Chatelier’s principle*. Le Chatelier’s principle is a law of equilibrium[5] – the body wants to maintain balance.

The GBB / L-Carnitine Equilibrium

If you add more GBB, you will get more carnitine until the “levels” of both product and reagent balance out. Likewise, if we have more product, enzymes can facilitate the breakdown of product into its constituent parts: more reagents. This allows the body to do its best to never have too much of any one thing. Due note that while it is *never* quite this simple in nature, it’s the easiest way to think of such reactions.



GBB supplementation likely works based on this principle. We add so much material to the left that the reaction goes to the right. It creates more carnitine to balance out the ratio of GBB and l-carnitine in the body. Tyrosine supplementation and even prohormones also work by helping conversion reactions go towards the right. **It may be easier to just refer to GBB as “pro-carnitine”.**

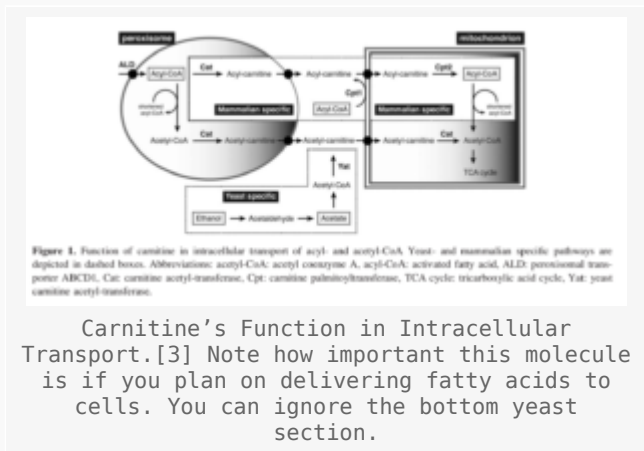
The enzyme for GBB conversion to carnitine is commonly found in the kidney, liver, and the brain.[6,7] Given the roles of the kidney and liver in fat metabolism, having GBB dioxygenase in these organs makes sense. Carnitine serves an essential role in fat metabolism that will be discussed more below.

To break out of textbook mode, let’s describe the mechanism as simply as we can: you put more on the left, you get more on the right. If you put more on the right, you get more from the left.

A Brush Up on Carnitine Itself

Carnitine is the molecule that facilitates movements of fatty acids during *beta-oxidation*, the process that lets us get energy from fats. It’s easy to visualize carnitine as a “fatty acid taxi cab” that takes the fatty acids to different spots within the mitochondria (the powerhouse of the cell).[8] Keto dieters should especially understand the situation well: once the fatty acids

are dropped off by carnitine, they are converted into ATP through *beta-oxidation*. This process is going on constantly throughout the day but elevates during intensive exercise as fatty acids are burned for fuel.



Thus, it may make sense to take some before a workout: more taxis going to the destination means more guests will arrive, correct?

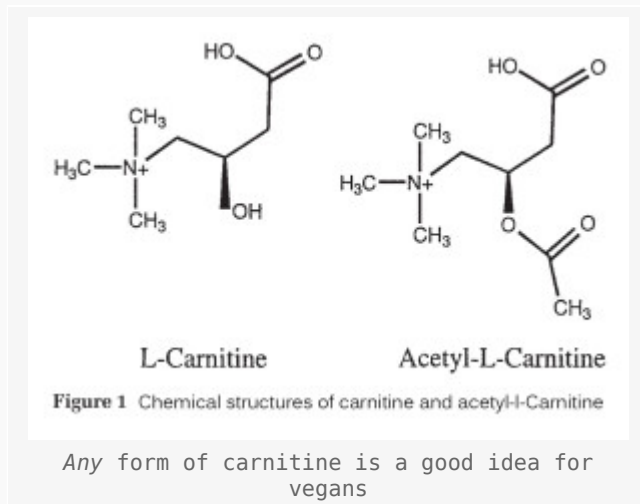
This is where GBB *should* kick in. By providing enough GBB, we allow the body to “push” the conversion reaction to the right, which means we get more carnitine. If we have more carnitine, we can transport more fatty acids into the mitochondria to burn as fuel. That’s the idea, anyway.

Does More Carnitine Actually Do Anything?

Let’s finally get to the crux of our pursuit: does GBB supplementation *really* do anything? We’re going to first tackle the benefits of carnitine supplementation before getting into the nitty gritty with the unique claims attached to GBB itself. The short answer is that carnitine has *several* benefits it can impart through proper supplementation, **especially in those that are deficient**. Carnitine is likely best known for improving brain health, as it improves focus, memory formation, and even the ability of the brain to resist disease or degradation.[9-11]

Vegan? Vegetarian? Aging? Then read up

But again, carnitine really shines for fat loss *in those that are deficient*. Vegans, vegetarians, and boomers should all consider giving carnitine a shot as supplementation is associated with improved fat oxidation (through its natural mechanism) and even enhanced intra-set recovery.[12] It may even help the deficient hold on to muscle mass more efficiently as these demographics age.[13,14]



In terms of *general* health, more carnitine is a good thing. Carnitine has been long-used to improve sperm quality on top of being a potent antioxidant.[15,16] It helps keep glucose levels down in the body while improving insulin sensitivity.[17] It may even be worth trying when treating symptoms of autism and ADHD![18,19]

The carnitine deficiency downfall

...And those benefits are only the most clear. There's an uncountable number of things that can go wrong when your body cannot mobilize fat due to a carnitine deficiency, so there's nearly as many things that it may improve in some form if you're hampered by such a deficiency. So it's tough to make claims about how it will specifically help you, it's just easy to say that "being carnitine deficient is a bad thing".

So yes, GBB *will* probably do something through *virtue* of improving creatinine levels in the blood. Carnitine itself is a *very* well studied compound, the only difference with GBB is the method of increment and the weight of the dose. While we lose out on the versatility of other forms of carnitine, like acetyl l-carnitine's ability to cross the blood-brain barrier, we make up for it with a lower and more tolerable dose with some additional "fringe" benefits.

Current Research on GBB-Exclusive Health Benefits, Superiority, and Safety

Whenever a new supplement storms onto the scene, we go **directly** to studies that advocate for its safety. There have been far too many instances of new ingredients turning out to be ticking time-bombs.

In this matter, we will not lie – GBB took us by surprise. They studied GBB in *human infants* and determined GBB to be safe to take. Given that infants *may* be the most sensitive test subjects around, we can

Synonym Time

The following are known names for GBB:

- 4-N-trimethylammonium butyrate

safely say GBB supplementation is probably safe for adults,[2] although we'd always welcome more toxicology research.

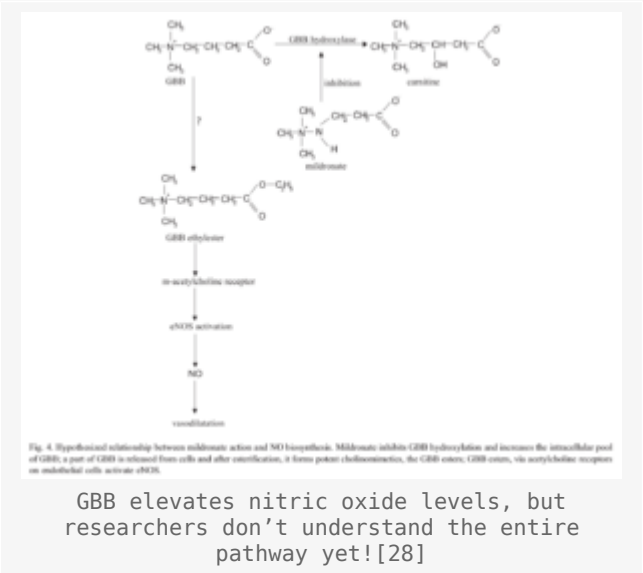
Safer due to no *D*-Carnitine?

In fact, some GBB manufacturers claim that GBB is likely *safer* than normal carnitine! While that must be taken with a grain of salt since they're selling the ingredient, they present a sound argument: In short, the problem is that carnitine supplements may contain the *D*-carnitine enantiomer of L-carnitine.[20] *D*-carnitine is *toxic* in humans and mammals,[21] as it may *reduce* your body's stores of carnitine and induce a deficiency!![22,23]

- 4-trimethylaminobutyrate
- butyrobetaine
- deoxy-carnitine
- deoxycarnitine
- gamma-butyrobetaine

GBB can claim superiority in a few other realms beyond safety. Science has associated l-carnitine supplementation with gastric distress in high doses.[24-26] Anecdotal reviews concur. Since the dose of GBB is often *much* lower than other forms, it likely can circumvent this unfortunate side effect. Carnitine suffers from a poor bioavailability as the body may use only 18% of the dose.[27] While we have seen little data on the bioavailability of oral GBB, we're hoping it's better than 18%!

GBB leads to nitric oxide enhancement



The first unique aspect of GBB is its consistent impact on nitric oxide levels.[28] At least a few studies have showed GBB to be a potent vasodilator. As workout fiends who are always down for enriched blood flow, we love nitric oxide boosters at PricePlow. By improving blood flow, GBB will probably help get nutrients to damaged muscle and joint tissue at a more rapid rate. It may

even help keep blood pressure down. GBB has been more consistent in terms of vasodilation than other forms of carnitine.[28]

A sweaty situation!

Secondarily, GBB makes most athletes sweat far more than normal. This is often the *main* selling point, as some of us absolutely love to sweat when training. Note, however, that we've seen no *direct* science on why this may occur, but for some individuals, it's incredibly effective at doing so... to the point of some users being *annoyed* by it.

*Effect of dietary carnitine provision on urinary total carnitine excretion**

Day	Diet supplement, 0 11-30		
	Lysine + Methionine n = 6	α -H-Tetrahydrocarnitine n = 5	γ -Butyrobetaine n = 5
	musling carnitine		
1-3	181 (80)*	147 (55)	141 (54)*
3-6	144 (52)	113 (30)	130 (58)
5-6	146 (66)	130 (18)	99 (26)
7-8	117 (29)	106 (14)	104 (44)
9-10	106 (30)	123 (40)	114 (35)
11-12	121 (55)	178 (47)	3630 (642)*
13-14	307 (74)*	806 (160)*	4004 (1125)*
15-16	353 (75)*	889 (181)*	4305 (977)*
17-18	334 (85)*	466 (126)*	4621 (1211)*
19-20	355 (90)*	477 (67)*	4467 (851)*

*Values are mean (SD) for total carnitine excretion. *P < 0.05, compared to value on 0 9-10 in the same column.
*n = 4.

While the carnitine levels doubled from GBB, the excretion was 30x higher, meaning there's all kinds of carnitine turnover with GBB![1]

We can not find any real science on why this is occurring. One postulation of ours (with zero basis) is that the chemical reaction to get from GBB to Carnitine is exothermic (releases heat), and by triggering the reaction en masse via supplementation, it theoretically outputs the heat. If we stumble upon an explanation that's *based in actual science*, we will update this article. Until then, we'll leave this article at "it's hot and makes most people sweat more for some reason".

So if that's not enough for the more conservative-minded folks who need to know every mechanism about every ingredient they take, then they may need to wait until more research is done.

GBB Dosage

Right now, the standard dosage seems to be **10-25mg twice per day**, or **25-50mg in one shot**. Lower doses will likely still yield benefits, they just may not be "felt", while higher doses may work but may induce too much of the heated for too many individuals.

For this reason we aren't going over 50mg per day right now... although many who are more aggressive than we are have taken that much *twice* per day.

Note, however, that the infant study used "500 μ M γ -butyrobetaine", [2] with 500 micromolar = 0.0005 moles, and GBB's molar mass is 146.2074 g/mol. This then equates to 73mg GBB on the infants! Obviously we don't suggest this, but we do think that adults can handle over 50mg.

In the other study, this happened at very high doses:

Participant 12 received 75 mg γ -butyrobetaine/(kg body wt-d). The solid inner salt was dissolved in fruit juice or carbonated beverage and consumed in two equal amounts daily at breakfast and dinner. Because participant 12 complained of excessive sweating and salivation 1-3 h after ingestion of the γ -butyrobetaine supplement, the dosage was reduced to 37.5 mg/(kg body wt-d) for participants 13-16. Only one of these subjects reported any unusual effects (mild increase in sweating on d 11-13) with that dosage of the supplement.[1]

It goes without saying that we don't suggest such astronomical doses (37.5mg/kg is nearly a 3g dose), but it's interesting to see that the researchers even bring up the excessive sweat and salivation!


Featured Supplements with GBB inside

So what are our favorite supplements with GBB inside? Since there's so many ways to take it – from pills to powders to even *topical* creams – you have a great selection.


Let's break it down:

- **Glaxon Thermal**


Launched in 2019, Glaxon is a younger brand, but one with a world-class team of industry veterans who have put together some *incredible* formulas. One of their first was *Thermal*, a **stimulant-free fat burning drink**. In 2021, they updated the formula to contain 30mg GBB, alongside the innovative MitoBurn from NNB Nutrition.




FOR FOCUS*



FOR SATIETY*



FOR METABOLISM*



FOR EXTRA SWEAT*

SUPPLEMENT FACTS

Serving Size 1 Scoop (6 g)
Servings Per Container 21

Amount Per Scoop	%Daily Value	
Niacin (as Nicotinic Acid)	50 mg	313%
Choline (as Choline L+Bitartrate)	277 mg	50%
L-Carnitine Fumarate	1100 mg	†
VitaCholine™ (as Choline L+Bitartrate)	675 mg	†
L-BAIBA (β-Aminoisobutyric Acid) [as MitoBurn™]	500 mg	†
InnoSlim® (Astragalus Membranaceus [Root] and Panax Notoginseng [Root]) Extract	250 mg	†
Gamma-Butyrobetaine (as gbbgo™)	30 mg	†

†Daily Value (DV) not established

Updated in 2021, Thermal's Ingredients now sport GBB and a switch to L-Carnitine Fumarate on top of MitoBurn L-BAIBA.

Glaxon Thermal – Deals and Price Drop Alerts

Get Price Alerts

Get Thermal Price Alerts Get Glaxon alerts Get Stimulant-Free Fat Burners price drops

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Note: In the image above, make sure you get the newer 2021 version with GBB.

• SteelFit Steel Sweat

Take a look at this beast – it has nearly every heated ingredient we know – including GBB – but not too much caffeine!

Supplement Facts		
Serving Size: 1 Scoop (5 g)		
Servings Per Container: 30		
	Amount Per Serving	%DV**
Vitamin C (as Ascorbic Acid)	45 mg	50%
Niacin (Vitamin B3)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride)	5 mg	294%
Phosphorus (as Dipotassium Phosphate)	20 mg	2%
Potassium (as Dipotassium Phosphate)	50 mg	1%
Sodium (as Sodium Chloride)	50 mg	2%
L-Carnitine Tartrate	1000 mg	†
Evodiamine Fruit Extract (Evodia Rutecarpa)	100 mg	†
Caffeine Anhydrous	100 mg	†
Gamma-Butyrobetaine Hydrochloride (GBBG®)	50 mg	†
Grains of Paradise Seed Extract (Aframomum Melegueta) (Paradoxine®)	50 mg	†
Green Tea Extract (Camellia Sinensis) (80% Catechins & 50% EGCG)	50 mg	†
Alpha Lipolic Acid	50 mg	†
Capros® Indian Gooseberry Fruit Extract (Phyllanthus Emblica) (standardized to minimum 60% tannins)	50 mg	†
Ginger Root Extract (Zingiber Officinale Roscoe)	40 mg	†
Dihydrocapsiate (from Sweet Peppers) (CapsiAtra®)	3 mg	†

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

CapSiAtra is a registered trademark of Ajinomoto Co., Inc.
capros is a registered trademark of Natrec, Inc. Ingredients patented under U.S. Patent Nos. 6,290,996, 6,362,167, 6,124,268, 8,266,757, and 8,962,576.
gbbgo is a trademark owned by Suzhou Win Health International Co., Ltd. and is used under the license and authority granted by Suzhou Win Health International Co., Ltd.

If you're crazy about heat, this label is *loaded* with thermogenic ingredients... but we're definitely not recommending this to rookies right off the bat!

SteelFit Steel Sweat – Deals and Price Drop Alerts

Get Price Alerts

Get Steel Sweat Price Alerts Get SteelFit alerts Get Fat Burners price drops

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• **Liquid L-Carnitine: VMI Sports L-Carnitine 1500 Heat**

Like doing flavored “shots” of L-Carnitine? Then this one is a *must-try*, because the flavors are great, there’s a good spread of L-Carnitine, and we have both moderate doses of GBB *and* grains of paradise!

We’re talking about VMI Sports’ L-Carnitine 1500 *Heat*, which we reviewed on the PricePLOW YouTube channel. You won’t guess what two flavors we thought was the best (hint: one of them is a famous *gum* flavor)!

Looking to increase thermogenesis? Then L-Carnitine 1500 Heat is the way to do it.. in shot form!

VMI Sports L-Carnitine 1500 Heat – Deals and Price Drop Alerts

Get Price Alerts

Get L-Carnitine 1500 Heat Price Alerts Get VMI Sports alerts Get L-Carnitine price drops

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Who's the preferred GBB raw material supplier?

PricePlow's Featured GBB Ingredient:

PROGGB
SUPER CARNITINE FROM SYNMR

PROGGB.com

Looking for trusted, lab-tested GBB? Then it's SYNMR's **ProGGB!** Click the image or read more below

There are a few raw material ingredient suppliers providing GBB, but none have shown us the level of detail and lab testing of *ProGBB*, made by SYNMR Biotechnologies.

We were clued into ProGBB when investigating new fat burning powder ingredients. SYNMR agreed to share their lab tests, which reveal some great information:

ProGBB Lab Tests and Documentation

Four PDFs here tell an interesting story:

TEST RESULT

Client : SYNMR BIOTECHNOLOGY(SHANGHAI) LIMITED

Sample Information : ProGBB™

Sample Quantity : 1 pc

Date Received : 2018.09.10

Test Period : 2018.09.10—2018.09.14

Test process is as follows:

```
graph LR
    A[Sample preparation] --> B[State regulation/Test preparation]
    B --> C[Computer test/Physical test standard test]
    C --> D[Sample test]
    D --> E[Analysis result]
    E --> F[End]
```

1 Test Result

NO.	Test Item	Test Result	Remark
1	Energy, kJ/100g	1663	/
2	Acute oral toxicity test (mouse)		/
Remark:	/		
End of Form			
The above result is only responsible for the sample sent by the applicant			
End			

Interesting: Collect enough GBB (which we don't recommend taking at once), and you *do* get calories. This has been proven for amino acids like BCAAs too.

- ProGBB Specifications
- ProGBB COA (Certificate of Analysis)
- ProGBB Energy Testing
- ProGBB TSCA Testing

We learn some interesting things from the documents above, such as the idea that large quantities of GBB has *calories* (of course, we'd never take so much as to get any level of usable energy from it). In addition, very high doses did not cause rat toxicity, but in *extremely* high doses, they do. All of the doses tested are so far beyond what's used in human supplements that we do not have concerns.

You can learn more by heading to ProGBB.com or trying SteelFit Steel Sweat!

Conclusion

PricePLOW loves carnitine – especially the right kind for the right consumer. No, we don't think it's a *miracle* supplement, and it's not always for everyone all the time, but we definitely enjoy it.

Well, one of our favorite supplement categories has just gotten a whole lot more interesting.

GBB is a worthy addition to the “carnitine wars”, as it has its place in products – especially capsule-based thermogenic fat burners – that use it over ALCAR or LCLT. For those that suffer gastric distress from other forms of carnitine, **GBB may be the way to go**. For those that *hate* taking a ton of powder or pills, **GBB is the way to go**.

However, ALCAR *should* still be better than GBB for cognitive benefits due to its ability to cross the blood-brain barrier, and LCLT has some other androgenic workout benefits. But in terms of carnitine production for vegans, vegetarians, meat-haters, the aging, and keto-dieters, we're thinking GBB may be superior to LCLT or straight L-carnitine.

So, is GBB worth it? Depending on the situation, we think it's at least worth trying. We always encourage you to make sure you do your research (several citations are below) and pick the form of carnitine that best serves your individual needs.

And if you do choose to use a supplement with GBB inside, don't forget your towel, because you just might be one of the lucky ones who gets the sweat amplification effect.

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GBB	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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All Blog Posts about GBB

- **Beast Mode BURN: Fat Burning Pre-Workout Hybrid Brings the Beast Back** Posted on: September 14, 2022
- **Core LONGEVITY Introduces Mitochondria-Boosting Puremidine** Posted on: August 8, 2022
- **5% Nutrition Liquid L-Carnitine 3150: The Rich Piana of Carnitine Supplements** Posted on: July 29, 2022
- **Alpha Prime Supps Top Burn: Elevate Your Energy, Focus, and Thermogenesis** Posted on: June 22, 2022
- **'Merica Labz NAPALM Red, White & Boom: A Thermogenic Pre-Workout** Posted on: May 3, 2022
- **Inspired Nutraceuticals Ember NON-STIM Brings High Heat 24/7** Posted on: April 8, 2022
- **Ghost Burn NON-STIM: Feel The Burn, Save Your Stims** Posted on: March 28, 2022
- **All Day You SHRED: 2-in-1 Amino Recovery Weight Loss Formula** Posted on: January 19, 2022
- **Ghost Burn BLACK Returns: More Thermogenic, More Heat!** Posted on: January 17, 2022
- **OxyMax: Performax Labs MAX Strength Fat Burner in ONE Capsule** Posted on: October 29, 2021
- **Unlock Your Fat Loss with UNBOUND's UNLOCK** Posted on: July 22, 2021
- **Primeval Labs Apesh*t Cutz: Fat Burning Pre Workout with No Nonsense** Posted on: June 29, 2021
- **VMI Sports White Heat: High Caffeine High Heat Fat Burner** Posted on: June 24, 2021
- **5% Nutrition Shred Time: Time to MEGA-Dose That Fat Burn!** Posted on: May 30, 2021
- **Strongest Fat Burner EVER? RAW Nutrition's IGNITE Breaks the Mold** Posted on: March 26, 2021
- **Glaxon Thermal: Heat Up Your Fat Loss Stack** Posted on: February 3, 2021
- **RAW Burn Improves Fat Loss, Focus, and Energy** Posted on: November 3, 2020
- **Darkside Supps Fires Up the Scene with ULTRA STIM Burner!** Posted on: September 4, 2019
- **ProGBB: The Gamma Butyrobetaine Supplement that Enhances Carnitine** Posted on: February 26, 2019
- **Redcon1 Waterboard: The Diuretic That "Tortures" Water from Your Cells** Posted on: September 23, 2018
- **GBB (Gamma-Butyrobetaine Ethyl Ester): Super Carnitine That Makes**

You Sweat?! Posted on: July 12, 2018

- Genius Burn: Smart and Trusted Caffeine-Free Fat Loss Posted on: December 1, 2017

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