CALORIBURN GP®
PILOT STUDY

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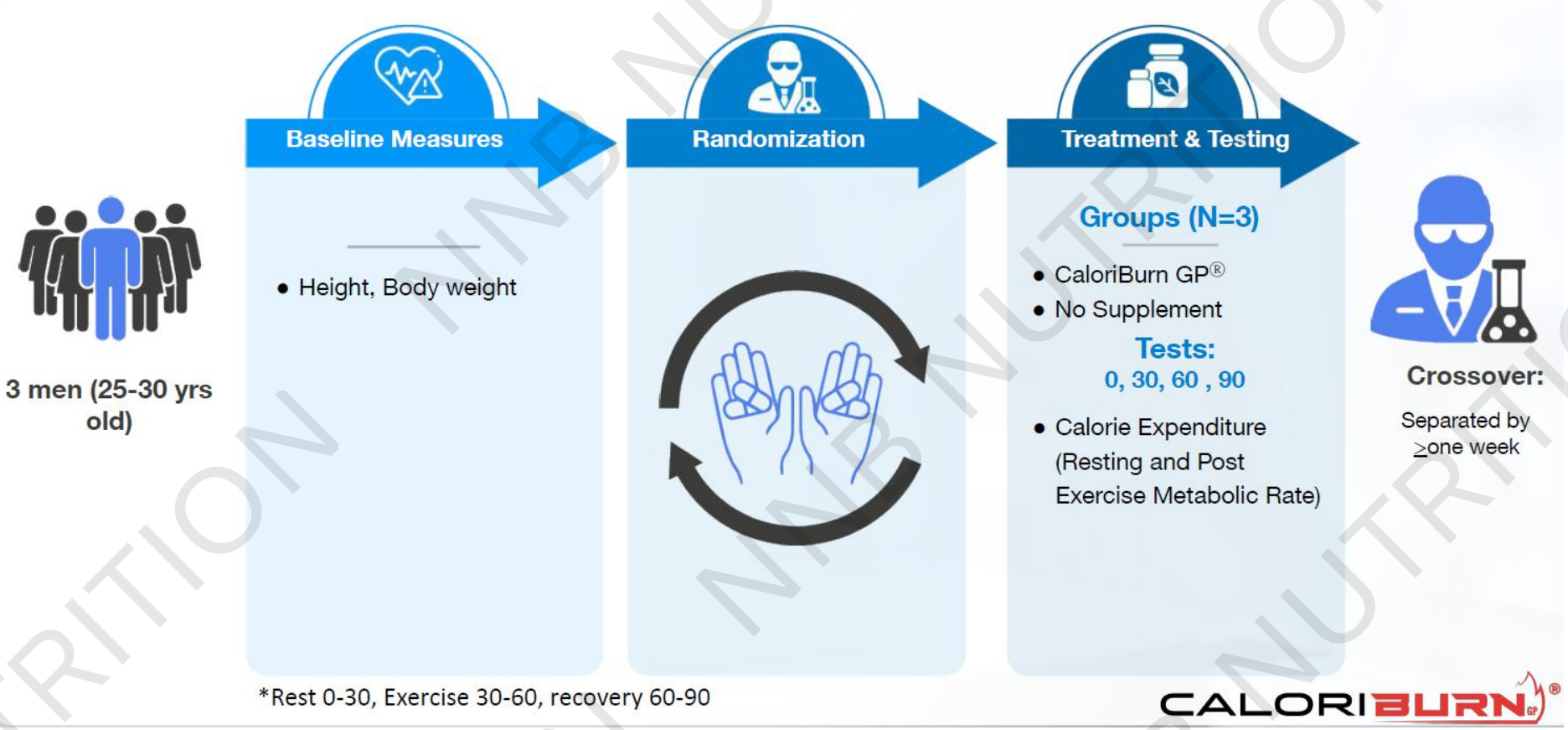
Abstract

This pilot study was conducted by ASPI (APPLIED SCIENCE AND PERFORMANCE INSTITUTE), including Dr. Jacob Wilson, Dr. Ryan Lowery, Matthew Sharp M.S., Dr. Gabriel Wilson and Dr. Charlie Ottinger, etc.

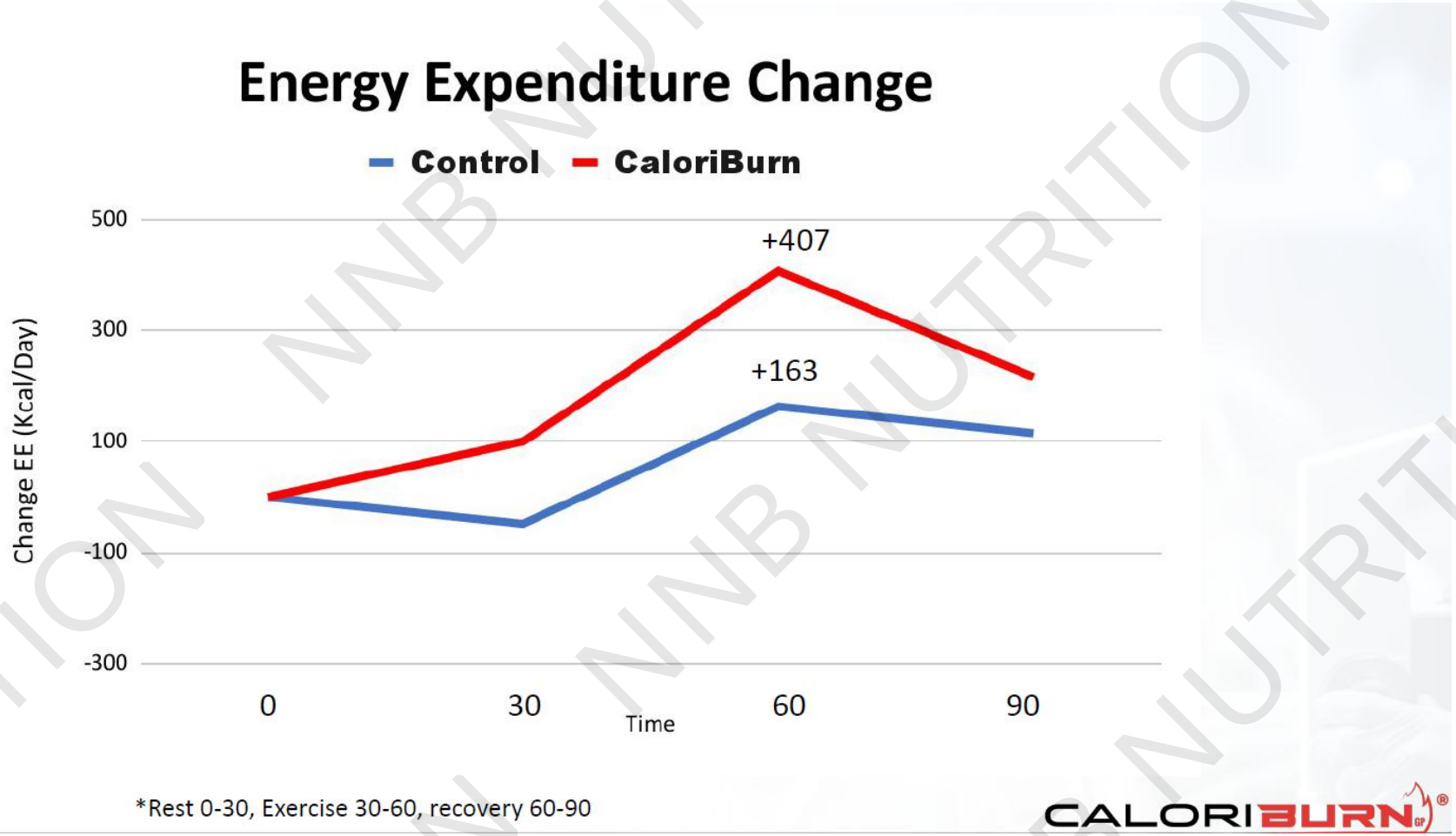
This pilot crossover study investigated the effects of CaloriBurn GP® on calories burned at rest and post exercise in 3 healthy men after taking 160 mg of CaloriBurn GP®. Our preliminary results indicated that CaloriBurn GP® may be beneficial in increasing calorie expenditure in this Pilot trial.

Study design



Three young healthy men were randomly assigned after measuring height and weight at baseline. For the GP group, subjects' calorie expenditure was measured 90 minutes after taking the 160 mg GP capsules. Subjects were at rest between 0 and 30 minutes, at exercise between 30 and 60 minutes, and at recovery between 60 and 90 minutes.

Result



As you can see from Figure 1, subjects in the CaloriBurn group had significantly higher energy expenditure than the control group. After exercise, which is 60 minutes after taking CaloriBurn GP®, CaloriBurn group was 150% higher than control group in energy expenditure change.

Figure 1. Energy expenditure change in control group and CaloriBurn group.

Conclusion

Our preliminary results indicated that CaloriBurn GP® may be beneficial in increasing calorie expenditure in this Pilot trial.

Calories remaining = calories in - calories expended

The more calories left, the more fat is accumulated.

This means that the intake of CaloriBurn GP® is conducive to reducing fat accumulation, increasing calorie consumption, and making it easier to lose weight.

Discussion

Human metabolism consists of three main parts:

- Energy consumed by basal metabolism; 60~70%
- Energy expended in physical activity; 20~30%
- The energy consumed by the special dynamic action of food; 10%

The more calories you burn at rest, the higher your metabolic rate. If the metabolism is high, it can help to burn fat. You can eat more food, make weight loss faster and easier, and prevent you from gaining weight.