



BE EXCELLENT

TECHNICAL DATA SHEET

Extreme Cut 2.0 Burn Man GoldNutrition®

New Formula, now more thermogenic

SUPPLEMENT RECOMENDED FOR:

- Stimulating metabolism.
 - Promoting body fat reduction.
 - Optimizing body composition
 - Increasing alertness and mental focus.
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Presentation: Bottle with 90 capsules.

Reference: GN61336

Extreme Cut 2.0 Burn Man GoldNutrition® combines the most studied thermogenic elements with the best results, to ensure the greatest effectiveness in improving body composition, being even more thermogenic.

This new combination maintains the synergy that allows for a much more powerful stimulating and accelerating effect on metabolism, optimizing the metabolism of sugars to reduce fat accumulation, favoring the proper functioning of the thyroid, and increasing energy levels.



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COMPOSITION:

Composition	Per 4 capsules
Selenium	100 µg (182%*)
Chromium	200 µg (500%*)
Iodine	150 µg (100%*)
Green Tea extract	750 mg
EGCG	300 mg
<i>Citrus aurantium</i>	600 mg
Sinefrine	36 mg
<i>Irvingia gabonensis</i>	300 mg
Tirosine	200 mg
Acetil-L-Tirosine	100 mg
Caffeine	400 mg

***NRV**– Nutrient reference value.

Ingredients list: *Camelia sinensis* 20:1 (leaf, 70% catechins, 40% EGCG), *Citrus aurantium* 8:1 (fruit, 6% sinefrine), glazing agent (E464, zinc oxide), bulking agent (E460i), caffeine anhydrous, *Irvingia gabonensis* 10:1 (seed), L-tyrosine, acetyl-L-tyrosine, anti-caking agents (E341, E470b), chromium picolinate, sodium selenite, potassium iodide.

HOW/WHEN TO TAKE:

In the first week start with 1 capsule 30 minutes before breakfast and 1 capsule 30 minutes before lunch. In the second week take 2 capsules each time. In case of gastric discomfort, take with meals. Do not exceed the recommended daily dose.

Can be used as a complement for a weight/body fat reduction plan, during a maximum of 3 month period, after which should be discontinued.

WHY SHOULD YOU TAKE:

Thermogenic supplements are essentially intended to promote the stimulation of metabolism, in order to create a favorable state for the reduction of fat mass which will lead to an improvement in body composition.

PRECAUTIONS:

- Not recommended during pregnancy, breastfeeding and for those under 18 years of age.
- Should not be consumed together with other products containing green tea.
- Should not be consumed on an empty stomach.
- Do not to consume a daily amount of more than 800 mg of EGCG.
- In case of diabetes, consult your health care assistant before taking this product.
- Do not take at night.
- Not recommended for athletes submitted to anti-doping control.



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PRODUCTS TO AVOID:

- Coffee, tea, energy drinks and stimulants.
- Other caffeine supplements

GOES WELL WITH:

- Should be combined with a proper diet and exercise.
- Fat mobilizers - L-Carnitine 3000 or Mega CLA
- Protein Supplements – Total Whey, Total Hydro Whey, V-Protein.

HEALTH CLAIMS:

- **Chromium** contributes to maintaining normal blood glucose levels and to normal macronutrient metabolism.
- **Iodine** contributes to normal energy metabolism, adequate production of thyroid hormones and normal thyroid function.
- **Selenium** contributes to the normal functioning of the thyroid.

SHORT INGREDIENT DESCRIPTION:

Caffeine: Studies suggest that caffeine can stimulate thermogenesis by stimulating lipid metabolism, with an increase in lipolysis. This effect makes it possible to relate caffeine consumption to the decrease in body weight¹. Studies show an increase in the basal metabolic rate, after the consumption of caffeine², which allows a greater production of energy and the favoring of a decrease in body weight.

Green tea: Studies have shown that the consumption of green tea with a high concentration of polyphenols and especially epigallocatechin gallate, favors a significant decrease in body weight, as a better maintenance of lost weight. Green tea polyphenols are responsible for the direct action of green tea on fat cells, inhibiting their formation and inducing the destruction of mature adipocytes by apoptosis³.

Citrus Aurantium: *Citrus Aurantium* (Bitter Orange) is included to enhance the thermogenic effect of this formula. The most important nutritional components are flavonoids, and a natural alkaloid called synephrine. This alkaloid is used to help control appetite in weight management programs. Synephrine, by activating beta-3 adrenergic receptors, also helps to increase thermogenesis, basal metabolism and consequently promotes fat breakdown.

Chromium: It's part of the composition of the glucose tolerance factor (GTF), a factor that enhances the action of insulin⁴, thus controlling the blood sugar level and, consequently, appetite. Insulin also has a described anabolic function, once its action is enhanced, it contributes to the increase in muscle mass, to a better use of glucose by muscles, allowing greater development, recovery and efficiency. Some studies indicate that chromium supplementation helps to improve insulin sensitivity



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and glycemic control, while mitigating weight gain and body fat accumulation⁵. Chromium supplementation can also help control meal size and appetite. In a study where chromium supplementation was used for 8 weeks, there was a significant decrease in the size of the meal, the feeling of hunger and the need for carbohydrate intake⁶.

Tyrosine, Acetyl-L-Tyrosine: Tyrosine is a non-essential amino acid that plays a very important role in stimulating metabolism and increasing fat breakdown. It's main function in the body is to be a precursor to thyroxine and neurotransmitters such as dopamine, epinephrine and norepinephrine⁷. This allows an increase in metabolism and the elimination of fats.

Irvingia gabonensis: A study with a seed extract of *Irvingia gabonensis* suggests that it helps to reduce weight in overweight and / or obese individuals, having a favorable impact on other health parameters. Supplementation with this plant, twice a day, to healthy, overweight and obese individuals resulted in weight reduction (body weight, body fat, waist) and improvement of metabolic parameters associated with insulin resistance⁸.

REFERENCES:

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5. *Diabetes Care* 2006; 29(8): 1826-32.
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7. *Essentials of Sports Nutrition and Supplements.* International Society of Sports Nutrition; 2008.
8. *Lipids in Health and Disease* 2009, 8:7