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Lipovarin and Weight Loss

When you want to lose weight, you are probably willing to try just about anything to drop those unwanted pounds. Maybe you have even tried diet supplements to lose the weight. Well here are some tips about Lipovarin that may work for you.

Before you decision to purchase Lipovarin for weight loss, please ensure that you consult with your doctor. Your doctor will ensure that you are healthy enough to go on a weight loss program. If you are interested in lipovarin it is probably advisable to print this article just in case your doctor is unfamiliar with it.

What is Lipovarin? It is an over-the-counter diet pill or herbal weight loss supplement (i.e. no need for a prescription). Further studies are required to determine exactly why it is effective for so many people.

What does Lipovarin contain? Some active ingredients include:

- Citrus aurantium (bitter orange)
- Green tea extract
- Metabromine fruit extract (chocolate or plain cocoa)
- Serotain (which contains 5-hydroxytryptophan or 5-HTP)
- Taurine (a type of amino acid)
- Caffeine
- L-carnitine L-tartrate
- 7-Keto (7-keto-dehydroepiandrosterone acetate)

Some sources also claim that it may contain the ingredients Coleus forskohlii, Coral calcium, Rhodiola rosea, and Glucuronolactone.

Lipovarin is a weight loss product which also helps boost energy levels. It is one of the more popular non ephedra-based weight loss products available. It is also proved to have a beneficial effect on the emotional state of some people.

So lets take a look at these ingredients individually

Citrus aurantium -- Also known as Advantra Z is patent-pending, but has so far proven to be safe and effective at burning calories. The human metabolic system is stimulated by increasing the Beta 3 receptors. This is known to have NO adverse effects on the heart or central nervous system.

Green tea -- Has a proven record of providing a positive impact on weight loss. Scientific research indicates that it boosts metabolism by four to six percent.

Metabromine fruit extract -- This is derived from the cacao tree. This ingredient in Lipovarin boosts energy levels and suppresses the appetite.

Serotain -- Enhances the level of serotonin in the brain. This also suppresses the appetite is controlled and helps maintain a positive state of mind. It should be noted that any individual who requires SSRI (Selective Serotonin Reuptake Inhibitors) treatment for depression should probably avoid take lipovarin as the serotain may contraindicate their SSRI medication and have the opposite effect of causing further depression.

Taurine -- Promotes healthy digestive function by emulsifying dietary lipids in the intestines. It also helps to keep cells stable, regulate heartbeat and improve the cognitive functioning of the brain.

Caffeine -- When it comes to weight loss, caffeine can be very helpful. Caffeine is one of the most active ingredients in lipovarin as well as many other herbal diet supplements. Caffeine improves metabolism by

increasing your heart rate and also breaks down fat faster.

L-carnitine -- A water-soluble substance resembling the B vitamin. This ingredient supposedly helps convert dietary fat into energy. With less fat circulating in the blood stream, weight loss is easier to accomplish.

7 Keto -- Is another important ingredient in Lipovarin. 7-KETO is a naturally occurring metabolite of the hormone dehydroepiandrosterone (DHEA) that helps break down fats. 7-Keto is believed to increase the fat burning capabilities of digestive enzymes and to encourage efficient thyroid function.

This diet supplement is one that has proven effective in helping many individuals lose significant amounts of weight. So take your time, consult your doctor and do your homework on Lipovarin then decide for yourself.

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