

# “A REVIEW PAPER ON PHEN Q. ITS MAGIC REMEDY FOR WIEGHT LOSS”

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## ABSTRACT

*There looks to be endless articles for the simplest weight loss on the web. Therefore, it could be quite confusing and troublesome to type through each one. With the endless decisions from weight loss programs to weight loss pills and supplements consumers are vulnerable to scrupulous scammers providing unsafe or ineffective product. Phenq However before you go and rummage around for the net of diet pills and alternative weight loss product I would want to raise you these vital question, are you overweight and ought to you lose weight ?*

*That's the first question you should strive to answer initial since not everybody who wants to lose weight are extremely overweight. You must attempt to lose weight when your BMI is between 25 and 29 and with that rate you've got further risk factors for heart disease, or if you are obese. Losing five to ten percent of your current weight will lower your risk for such conditions. If you're very serious regarding weight loss the best means to try and do it's gradually with regular exercise and a balanced diet.*

**KEYWORDS** : Weight Loss, Overweight, supplements, Diet

## INTRODUCTION

Are you having a hard time losing weight? Do you face a shortage of time and can't hit the gym daily? Well, many people like you are struggling to shed some pounds but aren't able to. Being obese can make you less confident and lead you to various health conditions. Thus, it would be best to keep trying to lose weight and live a healthy life. However, what if we told you that there's something to assist your weight loss goal? These days many people are turning to supplements as they prove to be very effective and convenient. While it is possible for these supplements to be beneficial, getting the perfect product for reducing weight is also essential. There are several weight loss supplements in the market, but it is necessary to look for the one that meets all your requirements. Moreover, the supplement should also ensure that there's no excess fat stored in the body.

PhenQ pills are a supplement formulated to help you lose weight. Like other weight loss pills, it helps you burn body fat and even blocks fat production. As is common for fat burner pills, PhenQ also acts as an appetite suppressant to help you reduce your daily calorie intake. If you actually contemplate losing weight the key to success is making changes in what you eat and how typically you exercise. In some individuals they have to follow a program specially designed for weight loss. Although diet pills and surgery could not be the first option, they can help some folks lose weight. However in fact you must perceive the advantages and risks of those types of merchandise. Every year uncountable people decide to lose weight, as evidenced by the booming losing weight trade. However with all the choices in the market making an attempt to type out all the claims and deciding what is best will be confusing and costly.

There is an endless variety of non-prescription pills for weight loss accessible. Some may contain stimulants, however principally contain many completely different herbal products. There are several merchandise that claims to be the simplest weight loss pill however it is necessary to look at the labels of these products closely, and take note of its active ingredients. It wouldn't be a good plan to require a product that does not list its active ingredients. If you opt to take non-prescription pills for losing weight, it's vital that you base your decisions on researched facts. It's means to dangerous to do trial and error when it comes to your health. You must do your research rigorously, and do not depend on the information from the manufacturers or individual success stories should be thought of of very little worth. Attempt to do your own analysis and don't hesitate to ask your doctor or pharmacist. However, don't be surprised if your healthcare provider will not recommend the product while not any consideration or analysis. It is additionally necessary to form certain that the manufacturer of your weight loss pill is one in all the trusted and reputable in the trade. It is a sensible sign if the manufacturer abides

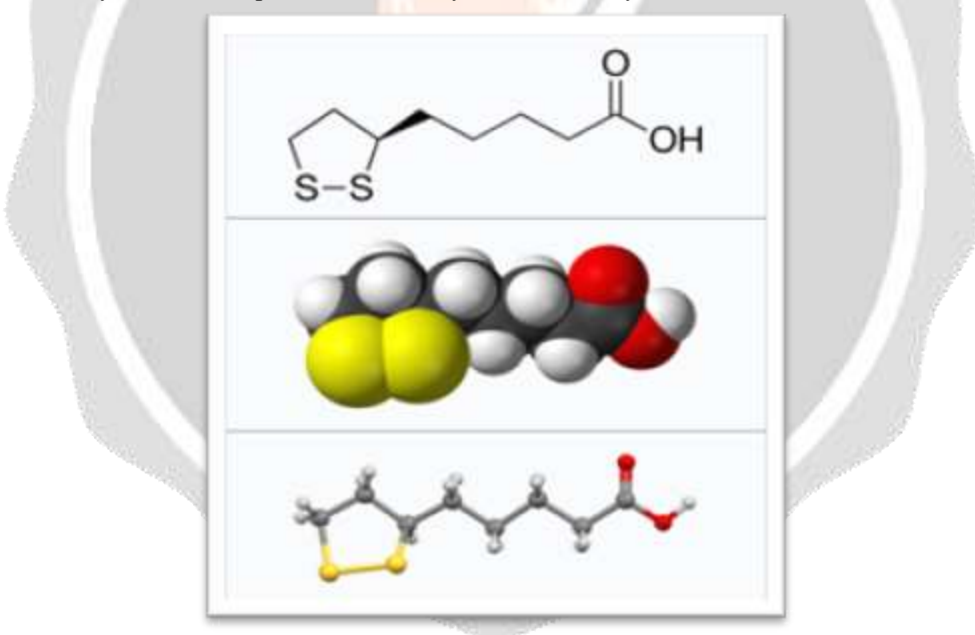
by the foundations of GMP or good producing practices. Your pharmacist could be a sensible supply of information regarding which manufacturers are most reputable and trusted.

In some products they have proof that they're unsafe ineffective or each. If the merchandise has overwhelmingly proof that recommend its unsafe, the FDA may truly step in and ban sure merchandise or ingredients. Finally weight loss pills ought to not be seen as a fast fix to the matter. If you may keep this in mind, you may decide to just specialise in diet and exercise alone and save your money to lose weight since not all diet pills should be considered as the best weight loss supplement for the body. If you're searching for the best weight control and management supplement, PhenQ just might be the best choice for you. It is a natural supplement that helps the body lose weight in five effective ways. The trusted dietary supplement is popular among fitness geeks for its natural remedies for weight loss. But what exactly does PhenQ contain, and what should we expect from it? In this post, we will review the weight loss supplement in detail. So, let us start without any further delay!

#### Formulation of PhenQ

- **$\alpha$ -Lacys Reset (Alpha-Lipoic Acid and Cysteine)**

An essential ingredient in PhenQ is  $\alpha$ -Lacys Reset. It consists of a powerful combination of alpha-lipoic acid and cysteine, and it is an organic compound with antioxidant properties. The ingredient boosts metabolism in the body and enhances the process of thermogenesis, and these two processes work side by side to burn the fat in the body faster. When thermogenesis in the body increases, the process of fat reduction also increases. Apart from that,  $\alpha$ -Lacys Reset also works to improve muscle recovery in the body. Recovering the muscles is very beneficial, especially for those who hit the gym daily and get too tired. With the help of this supplement, you can continue to work out without letting your body exhausted.  $\alpha$ -Lacys Reset also helps in regulating the glucose levels in the body. It has anti-inflammatory properties that control BMI and enhance nerve function. Because of its antioxidant nature, it removes the free toxins from the body and helps prevent aging. The use of alpha-lipoic acid for weight loss is proven from scientific studies. According to a survey, alpha-lipoic acid is used to treat obesity, and the compound successfully decreases body fat and thus reduces the overall weight.



Lipoic acid (LA), also known as  $\alpha$ -lipoic acid, alpha-lipoic acid (ALA) and thioctic acid, is an organosulfur compound derived from caprylic acid (octanoic acid). ALA is made in animals normally, and is essential for aerobic metabolism. It is also manufactured and is available as a dietary supplement in some countries where it is marketed as an antioxidant, and is available as a pharmaceutical drug in other countries. Lipoate is the conjugate base of lipoic acid, and the most prevalent form of LA under physiological conditions. Only the (R)-(+)-enantiomer (RLA) exists in nature and is essential for aerobic metabolism because RLA is an essential cofactor of many enzyme complexes.

**Biological Function:** Lipoic acid is a cofactor for five enzymes or classes of enzymes: pyruvate dehydrogenase,  $\alpha$ -ketoglutarate dehydrogenase, the glycine cleavage system, branched chain, and the alpha-oxo(keto)adipate dehydrogenase. The first two are critical to the citric acid cycle. The GCS regulates glycine concentrations.

Phen Q is an advanced weight loss supplement that uses six clinically studied ingredients to help facilitate safe, healthy weight loss. Unlike other supplements that target weight loss in one specific way, PhenQ approaches weight loss in a five-pronged approach. This is why it is considered amongst the best weight loss products on the market right now. Since it launched, tens of thousands of people from around the world have already

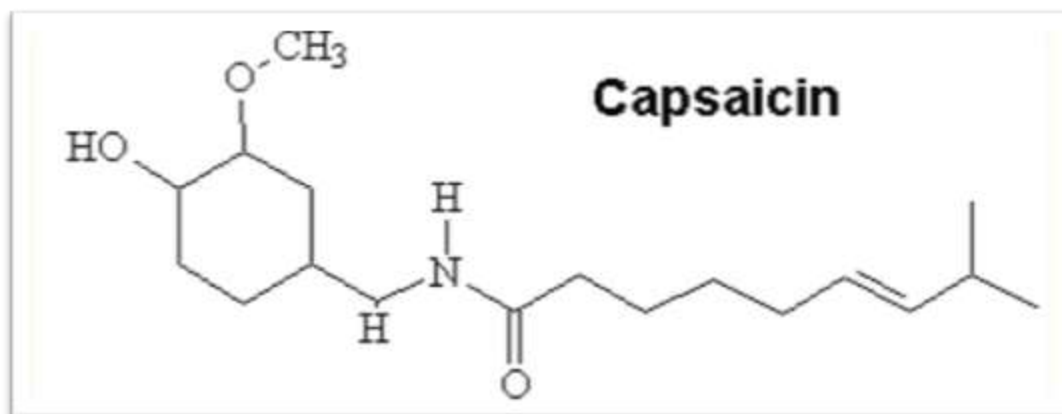
experienced the power of PhenQ and transformed their bodies. If you are someone who has been struggling to lose weight, wants to start losing weight, or has hit a plateau, then PhenQ could be the exact supplement you need to achieve your goals. PhenQ claims to be the culmination of “five powerful weight loss pills” in just one formula. The writers behind the site speak glowingly about the pill’s ability to succeed where its competitors often fail. They say that many supplements in the weight loss sector “target only one element” of consumer weight loss. PhenQ, on the other hand, works to help people get their ideal body using “all angles.” Is this claim true, or is it just part of the hype being generated by the people behind the formula?

The PhenQ website is filled with sales tactics meant to showcase to new consumers the powerful fat burning ingredients and buying the formula immediately. A blinking clock at the bottom of the page says that the “flash sale” for 20% off the formula will end in less than twenty-four hours. It’s likely that this flash sale will last quite a bit longer than a day; this is a common tactic used by supplement companies wanting to deliver as much of their formula as they possibly can. Still, the 20% off sale for PhenQ has quite a few people interested in learning more, and we’re included in this group. The main question we want to know the answer to: can PhenQ actually help you lose weight?

The site also reveals that over 190,000 people have lost weight using PhenQ’s patented proprietary blend of ingredients. This feels far-fetched, but some weight loss supplements certainly have presented success in numbers like these. To get a better idea of how PhenQ might be able to help our readers, we need to take a closer look at the supplement’s ingredients, scientific support, and creators. And we don’t plan to leave you all on your own to figure this all out; today’s review is filled with information that should help you make a more informed purchase decision about PhenQ.

- **Capsimax Powder (Piperine, Capsicum, Niacin, Caffeine)**

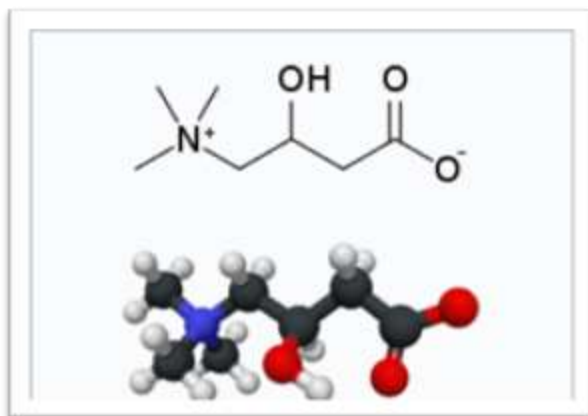
This powder is a blend that contains piperine, capsicum, niacin and caffeine. The main component in this mixture is capsicum, which is a fat-burning ingredient. Capsicum extract is taken from the capsaicin plant and is also known as chili pepper. Piperine is an alkaloid, and it acts as an antioxidant to remove the free toxins from the body. Capsicum and piperine both work together to boost the fat-burning process and halt the creation of more fat cells in the body. The compound Niacin is another name for Vitamin B3. It regulates the cholesterol level in the body and increases adiponectin production. Adiponectin is a weight controlling hormone that also works on reducing cholesterol levels. Lastly, caffeine suppresses appetite and boosts energy levels. Capsimax or capsaicin is a spicy blend of peppers that promotes the overall wellbeing of the body. Capsaicinoids work in the body to manage obesity by stimulating thermogenesis, and it also restricts caloric intake and prevents hunger to maintain the body’s weight.



Capsaicinoids (CAPs) found in chili peppers and pepper extracts, are responsible for enhanced metabolism. The objective of the study was to evaluate the effects of CAPs on body fat and fat mass while considering interactions with body habitus, diet and metabolic propensity. Since approximately 7500 BC, chili peppers belonging to the species *Capsicum annuum* have been a part of the human diet in South, Middle, and North America. The plants were domesticated between 5200 and 3400 BC in U.S. and used as a food preserving substance in Mexico. In U.S. consumption of all peppers has increased, rising from an average of 15.3 pounds per person in 2005 to 19.1 pounds per person in 2012 and consumption of bell peppers grew from 9.2 pounds to 11.7 pounds, while chili pepper consumption grew from 6.1 pounds to 7.4 pounds. Red/Chili Peppers are widely cultivated in South America, Asia, Africa, and Mediterranean countries. Pure Capsaicin measures 16,000,000 Scoville heat units (SHU). The spicy varieties of Capsicum are commonly called chili peppers, or simply “chilies”.

- **L-Carnitine Fumarate** Carnitine is a quaternary ammonium compound involved in metabolism in most mammals, plants, and some bacteria. In support of energy metabolism, carnitine transports long-chain fatty acids into mitochondria to be oxidized for energy production, and also participates in removing products of

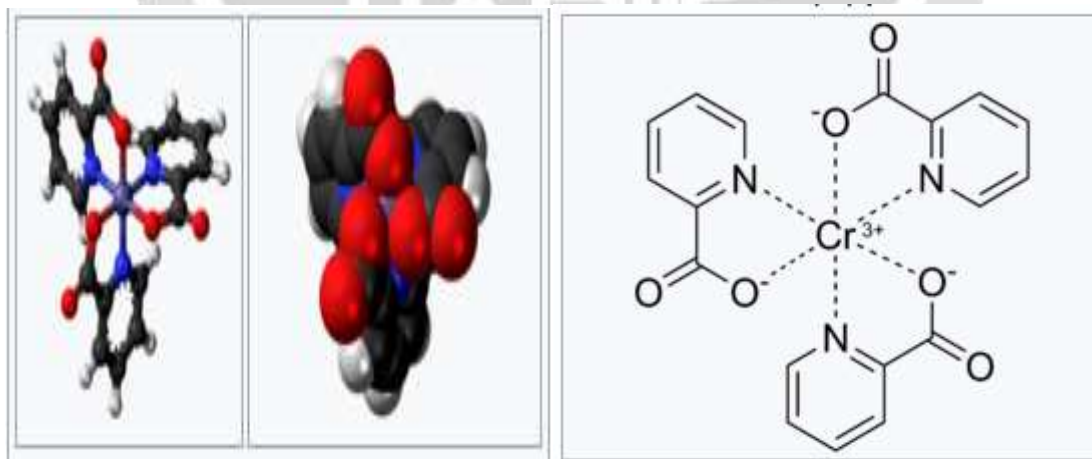
metabolism from cells. Given its key metabolic roles, carnitine is concentrated in tissues like skeletal and cardiac muscle that metabolize fatty acids as an energy source. Generally individuals, including strict vegetarians, synthesize enough L-carnitine in vivo. Carnitine exists as one of two stereoisomers (the two enantiomers D-carnitine (*S*-(+)-) and L-carnitine (*R*-(-)-)). Both are biologically active, but only L-carnitine naturally occurs in animals, and D-carnitine is toxic as it inhibits the activity of the L-form. At room temperature, pure carnitine is a white powder, and a water-soluble zwitterion with low toxicity. Derived from amino acids, carnitine was first extracted from meat extracts in 1905, leading to its name from Latin, "*caro/carnis*" or flesh. Some individuals with genetic or medical disorders (such as preterm infants) cannot make enough carnitine, requiring dietary supplementation.



Despite common carnitine supplement consumption among athletes for improved exercise performance or recovery, there is insufficient high-quality clinical evidence to indicate it provides any benefit. L-Carnitine Fumarate is a type of amino acid, and it is present in fish, nuts, and red meat. The compound helps burn fat and converts the nutrients into usable energy. It provides sustainable support and power to carry out daily tasks. L-Carnitine Fumarate is also very helpful, especially if you're on a diet that restricts carbohydrates intake. The compound reduces exhaustion by working on the brain, heart, and other functions in the body. In short, L-Carnitine Fumarate is a proven and effective supplement that helps in weight loss management.

- **Chromium Picolinate**

Chromium Picolinate is a mineral that is present in a variety of dietary supplements. It is also present in some foods, and it helps boost the metabolism. This compound's primary function is to reduce sugar cravings and thus reduce the fat buildup usually results from carb intake. The mixture thus regulates the glucose levels in the body by preventing sugar intake. As stated by this study, chromium Picolinate is an effective remedy for treating diabetes.



Chromium(III) picolinate is a chemical compound with the formula  $\text{Cr}(\text{C}_5\text{H}_4\text{N}(\text{CO}_2\text{H}))_3$ , commonly abbreviated as CrPic3. It is sold as a nutritional supplement to treat type 2 diabetes and promote weight loss. This bright-red coordination compound is derived from chromium(III) and picolinic acid. Large quantities of chromium are needed for glucose utilization by insulin in normal health, but deficiency is extremely common and has been observed in people receiving 100% of their nutrient needs intravenously, i.e., total parenteral nutrition diets. Chromium has been identified as regulating insulin by increasing the sensitivity of the insulin

receptor. As such, chromium(III) picolinate has been proposed as a treatment for type 2 diabetes, although its effectiveness remains controversial due to conflicting evidence from human trials.

- **Nopal Cactus Fiber**

Nopal is a fiber-rich cactus, and it serves as a super-food because of its nutritional benefits. The main advantage of this compound is that it reduces the urge to eat more food as it keeps you fuller for a long time. The amino acids in this compound reduce fluid retention to the bare minimum in the muscles and maintain their integrity intact. Nopal also prevents the nerve cells from being damaged. It has robust neuroprotective characteristics that protect brain functions. Nopal (from the Nahuatl word *nohpalli* [noʔ'pal:i] for the pads of the plant) is a common name in Spanish for *Opuntia* cacti (commonly referred to in English as *prickly pear*), as well as for its pads.

There are about 114 known species in Mexico, where it is a common ingredient in numerous Mexican cuisine dishes. The nopal pads can be eaten raw or cooked, used in marmalades, soups, stews and salads, as well as being used for traditional medicine or as fodder for animals. Farmed nopales are most often of the species *Opuntia ficus-indica* or *Opuntia matudae* although the pads of almost all *Opuntia* species are edible. The other part of the nopal cactus that is edible is the fruit, called the *tuna* in Spanish and the "prickly pear" in English. Nopales are generally sold fresh in Mexico, cleaned of thorns, and sliced to the customer's desire on the spot.

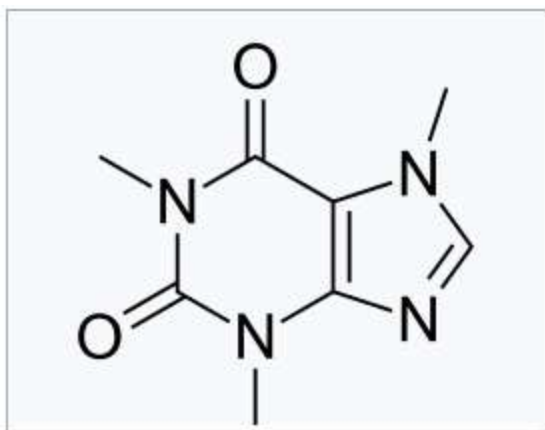


They can also be found canned or bottled as nopalitos, and less often dried, especially for export. Cut into slices or diced into cubes, nopales have a light, slightly tart flavor, like green beans, and a crisp, mucilaginous texture. In most recipes, the mucilaginous liquid they contain is included in the cooking. They are at their most tender and juicy in the spring.

- **Caffeine Anhydrous**

Caffeine anhydrous boosts energy, increases fat oxidation and improves the body's thermogenesis. The increase of thermogenesis in the body increases the body's temperature, which in turn reduces the fat deposits. A study indicates that caffeine anhydrous can be very beneficial for improving strength and enhancing performance. Thus, if you work out daily or perform rigorous exercises, the PhenQ pills can be a savior as they strengthen the utilization of calories in the body.

Caffeine is a central nervous system (CNS) stimulant of the methylxanthine class. It is used as a cognitive enhancer, increasing alertness and attentional performance. Caffeine acts by blocking binding of adenosine to the adenosine A<sub>1</sub> receptor, which enhances release of the neurotransmitter acetylcholine. Caffeine also increases cyclic AMP levels through nonselective inhibition of phosphodiesterase. Caffeine is a bitter, white crystalline purine, a methylxanthine alkaloid, and is chemically related to the adenine and guanine bases of deoxyribonucleic acid (DNA) and ribonucleic acid (RNA). It is found in the seeds, fruits, nuts, or leaves of a number of plants native to Africa, East Asia and South America, and helps to protect them against herbivores and from competition by preventing the germination of nearby seeds, as well as encouraging consumption by select animals such as honey bees. The best-known source of caffeine is the coffee bean, the seed of the *Coffea* plant. People may drink beverages containing caffeine to relieve or prevent drowsiness and to improve cognitive performance. To make these drinks, caffeine is extracted by steeping the plant product in water, a process called infusion. Caffeine-containing drinks, such as coffee, tea, and cola, are consumed globally in high volumes. In 2020, almost 10 million tonnes of coffee beans were consumed globally. Caffeine is the world's most widely consumed psychoactive drug. Unlike most other psychoactive substances, caffeine remains largely unregulated and legal in nearly all parts of the world. Caffeine is also an outlier as its use is seen as socially acceptable in most cultures and even encouraged in others, particularly in the Western world.



Caffeine can have both positive and negative health effects. It can treat and prevent the premature infant breathing disorders bronchopulmonary dysplasia of prematurity and apnea of prematurity. Caffeine citrate is on the WHO Model List of Essential Medicines. It may confer a modest protective effect against some diseases, including Parkinson's disease.<sup>[23]</sup> Some people experience sleep disruption or anxiety if they consume caffeine,<sup>[24]</sup> but others show little disturbance. Evidence of a risk during pregnancy is equivocal; some authorities recommend that pregnant women limit caffeine to the equivalent of two cups of coffee per day or less. Caffeine can produce a mild form of drug dependence – associated with withdrawal symptoms such as sleepiness, headache, and irritability – when an individual stops using caffeine after repeated daily intake. Tolerance to the autonomic effects of increased blood pressure and heart rate, and increased urine output, develops with chronic use (i.e., these symptoms become less pronounced or do not occur following consistent use).

Caffeine is classified by the US Food and Drug Administration as generally recognized as safe. Toxic doses, over 10 grams per day for an adult, are much higher than the typical dose of under 500 milligrams per day. The European Food Safety Authority reported that up to 400 mg of caffeine per day (around 5.7 mg/kg of body mass per day) does not raise safety concerns for non-pregnant adults, while intakes up to 200 mg per day for pregnant and lactating women do not raise safety concerns for the fetus or the breast-fed infants. A cup of coffee contains 80–175 mg of caffeine, depending on what "bean" (seed) is used, how it is roasted (darker roasts have less caffeine), and how it is prepared (e.g., drip, percolation, or espresso). Thus it requires roughly 50–100 ordinary cups of coffee to reach the toxic dose. However, pure powdered caffeine, which is available as a dietary supplement, can be lethal in tablespoon-sized amounts.

### How Does PhenQ Work?

This supplement suppresses your appetite so that you can consume food as per the requirements of your body. PhenQ enhances the metabolism of fat in your body by creating heat inside your body, which is also called thermogenesis. Then the body cells break down the accumulated fats, and it is used as energy in the body.

It burns the stored fat in your thighs, hips, waist, and belly that are stubborn fats and difficult to get rid of and also ensures that no new fat cells are stored in your body. The active ingredients of this supplement promote muscle mass by providing the essential nutrients to them. It also increases focus and alertness, along with making you energetic and fatigue-free.

### Benefits of the PhenQ

- **Halts fat production** - PhenQ has components that help halt the production of new fat so that you do not gain weight.
- **Burn stored fat** - It boosts the fat-burning process by speeding up your body's thermogenic rates and gives you a slim figure.
- **Enhances your energy** - The energy drops due to dieting would stop fully as PhenQ recharges you with a combination of energy-enhancing components.
- **Stop your appetite** - PhenQ cuts your calorie easily by constraining your appetite. Your hunger cravings and overeating will vanish.
- **Improves your mood** - Melting fat and reducing weight can make you feel cranky, but PhenQ enhances your mood also. It ensures that dieting won't affect your temper in any way.

### Side effect of the PhenQ

PhenQ is very stimulant heavy, so anyone who doesn't react well to caffeine or is already consuming a lot of caffeine then it isn't a good option. We also wouldn't recommend it in comparison to any of the options on our best fat burners for men or best fat burners for Woman lists. PhenQ is a perfectly fine fat burner, but it's not something we'd heavily recommend. If you've tried other burners and not had success though, there is something a little bit different here.

### CONCLUSION

PhenQ does contain natural ingredients that are known to support thermogenesis and fat burning. Still, it does have a high level of caffeine that some users may find uncomfortable to deal with. Looking at customer feedback, the product does have a lot of mixed reviews. From what we can tell, many of the negative comments come from experiencing headaches and upset stomach, most probably from taking PhenQ on an empty stomach, which can be remedied by taking it with food, as recommended in the instructions. Like most weight-loss food supplements, you need to give this product enough time to see results. Consuming the capsules as directed while following a sensible diet and exercise programme should help consumers see positive results in two to three months. When used as directed, PhenQ can assist with weight loss by acting as an effective appetite suppressant and energy booster for those not overly sensitive to caffeine. For anyone who is sensitive to caffeine though, we'd recommend looking at our reviews for hourglass fit or hunter burn.

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