

# Thermo-EFx™

*Thermogenic formula for healthy weight management\**

Thermo-EFx™ is designed to assist you with healthy weight management without causing any stimulant-associated side effects often seen with other weight management formulas.\* It works by encouraging a process called thermogenesis, where the body raises its temperature or energy output, helping you burn off more calories in the form of heat.\*

Supporting thermogenesis stimulates your metabolism, which is the rate that your body uses calories in order to maintain itself. No matter what you are doing—exercising, eating, drinking, even sleeping—you are continuously using calories to keep normal body functions going. The faster your metabolic rate, the more efficient your body is at using food for fuel as well as burning stored fat cells as energy. Having a healthy metabolism that enables you to readily burn calories is key to a well-tuned weight management program.

## **Benefits of Thermo-EFx™ may include the support of healthy:\***

- Metabolic rate
- Appetite control
- Blood glucose metabolism and glucose absorption into skeletal muscle
- Inflammatory, cardiovascular, and neurological processes
- Fat metabolism

## **Highlights**

- **Bitter Orange Extract** (as Advantra Z®), whose active ingredient is known as synephrine, is standardized and purified to primarily contain the naturally occurring component p-synephrine while having negligible amounts of the synthetic compound m-synephrine. Unlike p-synephrine, m-synephrine is undesirable because it can lead to unwanted side effects. Many products on the market contain m-synephrine and often do not specify what kind of synephrine they contain. Certain types of bitter orange do not control the levels of m-synephrine. Bitter orange extract (Advantra Z®) is derived from immature Seville orange fruit and contains a family of compounds that help stimulate the body's ability to utilize carbohydrates and breakdown fat more efficiently without the side-effects of stimulants.\*
- **Naringin & Citrus Bioflavonoids** - antioxidant-rich compounds found in grapefruit and many other citrus fruits that help support healthy fat metabolism. Research shows that these bioflavonoids work together to support the thermogenic effects of p-synephrine (contained in our bitter orange extract, Advantra Z®).\*
- **Green Tea Extract** - helps to support thermogenesis and the metabolic rate while also helping with healthy insulin sensitivity and glucose absorption.\* Our green tea extract is decaffeinated, which makes this formula suitable for individuals with sensitivity to caffeine. However, those who consume caffeine regularly can do so based on their particular health status, personal tolerance and advice from their healthcare practitioner.

## **Recommended Use:**

Take two capsules per day, or as directed by your health care practitioner (divided dosing recommended).

Advantra Z® is a registered trademark of Nutratech, Inc./Zhishin, LLC licensor of U.S., Canadian and E.U. Patents.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).**