

Thermochrome V6 Ingredients

Capsimax®‡ Capsicum Fruit Extract (2% capsaicinoids): 100 mg

Capsimax is a concentrated extract of capsaicinoids from red chili peppers (*Capsicum annum*). Capsaicinoids, a unique group of compounds derived from various peppers, are the active components and are what give peppers their spicy kick. Capsaicinoids are comprised of five primary constituents: capsaicin, dihydrocapsaicin, nordihydrocapsaicin, homocapsaicin and homodihydrocapsaicin. Capsaicin, dihydrocapsaicin and nordihydrocapsaicin are the most powerful compounds and make up at least 90% of the capsaicinoids concentration in red chili peppers.

Capsaicinoids may be an effective addition to your weight management program due to their effects on energy and metabolism. Studies have shown that they may help curb appetite^{2,3}, and promote thermogenic and lipolytic activity. It is also associated with an increase in free fatty acid glycerol levels in the blood, which is an indication that it supports lipolysis. *

The long-term effects of capsaicinoid consumption have shown favorable results on body composition. Capsaicinoids from Capsimax Capsicum Extract help promote lipolysis and support the mobilization of fats for energy production. One study in particular investigated the effects of Capsimax® on body composition in combination with a reduced calorie diet and exercise program. After eight weeks, results showed a decrease in body weight, fat mass, waist and hip circumference, and an increase in lean mass.*

‡ Capsimax® is a registered trademark of Omniactive Health Technologies Ltd.

Green Tea Extract (400 mg caffeine and 180 mg total polyphenols): 600 mg

With the exception of herbal tea, all types of tea are brewed from the dried leaves of the *Camellia sinensis* bush. The level of oxidation of the leaves is what determines the type of tea. Green tea is made from unoxidized leaves and is one of the less processed types of teas, therefore containing more antioxidants and beneficial polyphenols. The active components in green tea are a family of polyphenols (catechins) and flavanols, which are powerful antioxidants. . Tannins are large polyphenol molecules, form the bulk of the active compounds in green tea, with catechins comprising nearly 90 percent. Several catechins are present in major quantities: epicatechin (EC), epigallocatechin (EGC), epicatechin gallate (ECG) and epigallocatechin gallate (EGCG). EGCG makes up around 10 to 50 percent of the total catechin content and appears to be the most powerful of all the catechins – with strong antioxidant activity. Green tea or green tea extracts have been shown to increase general levels of plasma polyphenols as well as levels of EGCG and other catechins.*

Green tea is also reported to support the cardiovascular system by helping to maintain healthy levels of triglycerides. Additionally, it may support weight loss through by supporting thermogenesis and fat metabolism.*

Vitamin C: 200 mg

Vitamin C, also known as ascorbic acid, is an essential nutrient for humans needed for metabolic reactions in the body. Around ninety percent of vitamin C in the average American diet derives from fruits and vegetables. Peppers (sweet, green and red peppers and hot red and green chili peppers), citrus fruits and juices, brussels sprouts, cauliflower, cabbage, kale, collards, mustard

greens, broccoli, spinach, guava, kiwi fruit, currants and strawberries all contain vitamin C. Nuts and grains contain smaller amounts of vitamin C. It is important to note that cooking destroys vitamin C activity.*

Vitamin C is a strong antioxidant that is integral in promoting a healthy immune system. Vitamin C supports detoxification, promotes the normal synthesis of collagen and normal healing and helps maintain normal cholesterol levels. The ascorbic acid form of Vitamin C is involved in mediating iron absorption, transport and storage. It promotes the normal intestinal absorption of iron and may promote iron storage in cells. It is involved in the biosynthesis of corticosteroids, aldosterone and the conversion of cholesterol to bile acids.*

Vitamin C is an essential vitamin for dieters because it needs to be replenished during the thermogenic process. It aids in slowing the oxidation of B vitamins, which can help lessen occasional fatigue. Because of its ability to promote normal healing, it may be helpful in maintaining muscle comfort for individuals who engage in strenuous exercise. Vitamin C is also essential for the production of adrenalin. More importantly, vitamin C aids dieters by supporting the biological pathways that support fat metabolism, fat burning, production of protein and neutralizing free radicals.*

Vitamin B6: 20 mg

Vitamin B6 promotes normal metabolism by supporting the normal production of proteins and the normal synthesis of ATP to supply fuel to the body. Some athletic supplements include vitamin B6 because it promotes the normal conversion of glycogen to glucose for energy in muscle tissue. It also helps support the normal absorption and utilization of dietary fats. Vitamin B6 is an essential cofactor for the production of energy and increases the body's resistance to fatigue. Poultry, fish, whole grains and bananas are the main dietary sources of Vitamin B-6.*

Pantothenic Acid: 24 mg

Pantothenic acid, also known as vitamin B5, supports normal physiological functions. It plays a key role in more than one hundred metabolic functions, which include energy metabolism of carbohydrates, proteins and lipids. Pantothenic acid is widely distributed in plant and animal food sources, where it occurs in both bound and free forms. Food sources of vitamin B5 include organ meats (liver, kidney), egg yolk, avocados, cashew nuts and peanuts, brown rice, soya, lentils, broccoli and milk, with the richest sources of the vitamin being the ovaries of cod and tuna.*

Chromium: 320 mcg

Chromium is a vital trace mineral that helps maintain normal blood sugar levels, and possibly in helping to control appetite. Chromium also supports normal glucose metabolism. Chromium supports the body's normal use of sugar, protein and fat. It supports cells in the normal intake of glucose and release of energy. Chromium may also help to reduce body fat. More than 90 percent of American diets do not provide the recommended amount of chromium.*

It exists in several valence states, with the trivalent and hexavalent states being the most common. Chromium is found in small amounts in many foods and is usually present in the trivalent state. Food sources of chromium include brewer's yeast, whole grain cereals, broccoli, prunes, mushrooms, beer, spices, brown sugar, coffee, tea, beer, wine and meat products. Refined foods, fruits and vegetables contain smaller amounts of chromium.

Theobromine: 40 mg

Theobromine is a methylxanthine similar to caffeine that exists in a variety of plants, most notably the cacao bean, as well as coffee beans, guarana berries and some tea leaves. It is most famous for being one of the many compounds found in chocolate, with contents higher in dark chocolate than milk chocolate, providing its bitter taste. Because theobromine shares the same mechanism of caffeine – inhibiting adenosine receptors – it may promote wakefulness and alertness. However, its energizing effects are milder and actually last longer than those of caffeine.*

Yerba Maté: 10 mg

Yerba maté is an evergreen with white flowers and red fruit, found in South America. Its leaves, from the *Ilex paraguariensis* tree, are dried or roasted for teas and extracts. It contains caffeine, theobromine, theophylline, phytol, stigmasterol, and squalene. The concentrations of these constituents vary with growing conditions, harvesting and preparation methods.

Similar to coffee, yerba mate is used to increase energy and relieve occasional mental and physical fatigue. Yerba mate has antioxidant properties, containing beneficial plant nutrients such as xanthines, caffeine derivatives, saponins and polyphenols. Animal studies show that yerba mate may curb appetite and support normal metabolism.*

L-Tyrosine: 200 mg

Tyrosine is an amino acid that is produced in the body from phenylalanine, another amino acid. L-tyrosine is the precursor for the synthesis of catecholamines – hormones such as dopamine, norepinephrine and epinephrine, thyroid hormones and melanin. Dopamine regulates your reward and pleasure centers. Thyroid hormones are produced by the thyroid gland and are primarily responsible for regulating metabolism. Tyrosine can be found in dairy products, meats, fish, eggs, nuts, beans, oats and wheat.*

Ginger Root: 100 mg

Ginger is native to Southeast Asia and widely used in foods and herbal supplements. Ginger root may support weight loss. Ginger contains gingerols, a compound that stimulates biological activities in your body, that may help food to digest faster which can be key to weight loss.*

DMAE (dimethylaminoethanol) Bitartrate: 80 mg

DMAE (also known as dimethylaminoethanol, dimethylethanolamine, or Deanol) is an organic compound that is produced in the body and is a precursor to choline. It is also found in fatty fish such as salmon, sardines and anchovies. DMAE is available in supplement form and is sometimes used as an ingredient in lotions, creams, and other skincare products.*