

TECHNICAL WHITE PAPER: THERMOGENIC PROPERTIES OF 4LIFETRANSFORM BURN® IN A 12-WEEK WEIGHT MANAGEMENT STUDY

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OBJECTIVE

The purpose of this study was to measure the thermogenic properties of 4LifeTransform Burn as part of a 12-week open-label, weight management study.*

BACKGROUND

Obesity and being overweight are defined as abnormal or excessive fat accumulation that may impair health. According to the World Health Organization, global obesity has nearly tripled since 1975, and in 2016, more than 1.9 billion adults were considered overweight. Of those, over 650 million were obese.

Obesity and being overweight are primarily caused by an imbalance between calories consumed and calories expended. In other words, the problem stems from eating energy-dense foods high in fat and sugars and a decrease in physical activity, which comes from sedentary labor, different modes of transportation, and increasing urbanization.

Successful weight management programs generally revolve around a healthy diet with consistent physical activity. In conjunction with these programs, 4Life® developed 4LifeTransform Burn, a thermogenic formula comprised of naturally derived exotic plant and fruit extracts. To determine the benefits of this formula, a first-of-its kind in-house study was performed to examine its thermogenic and weight management properties.*

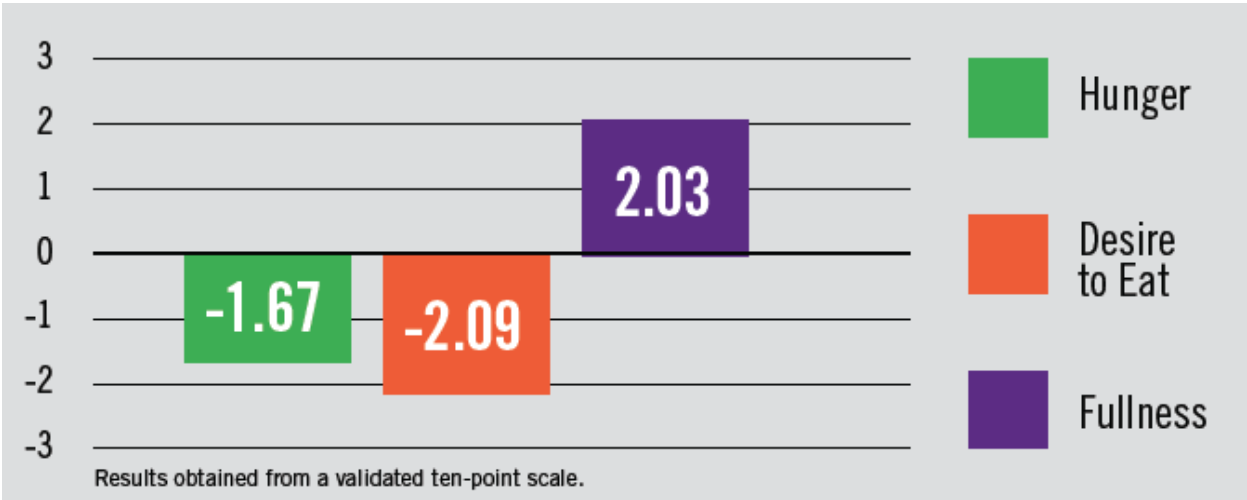
EXPERIMENTAL METHODS

Thirty-six adult subjects with varying body-mass indexes, aged 25 to 71, consumed four capsules of 4LifeTransform Burn for five days a week for 12 weeks. Study participants were asked to maintain a consistent diet and exercise regimen throughout the study.

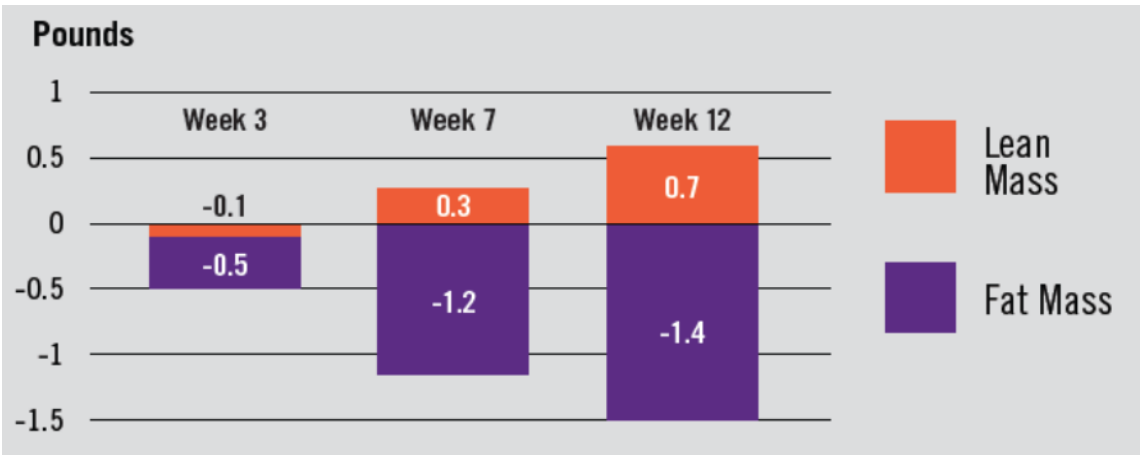
Visits were done on weeks 0, 4, 8, and 12. At each visit, researchers took thermographic and metabolic measurements. They also collected measurements for body composition, blood pressure, heart rate, cholesterol, glucose, and hip-to-waist ratio. Participants also answered a validated 10-point hunger questionnaire.

RESULTS

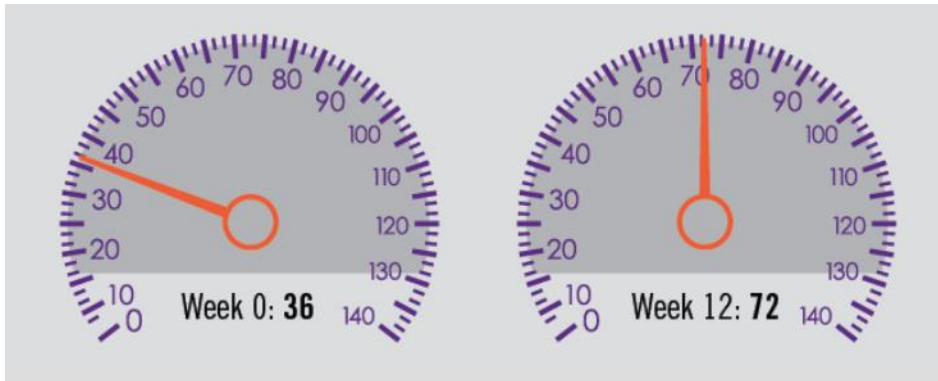
Satiety: Hunger cravings and desire to eat decreased and feelings of fullness improved over a 12-week period.*



Body composition: A decrease in fat mass in the abdominal region was observed over 12 weeks with no loss of lean-muscle mass.*



Acceleration of fat burning: Resting metabolic rate, in conjunction with fat loss, increased by week 12.*



Safety: The product was well-tolerated throughout the study and did not negatively impact physical health parameters such as heart rate, blood pressure, cholesterol, and glucose.*

CONCLUSIONS

4LifeTransform Burn impacts thermogenic properties related to fat-burning, metabolic rate, and fat loss over the course of a 12-week weight management study. Signals related to hunger cravings also improved.*

*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.

PICTURES

