

# Raspberry Ketones



## CLINICAL APPLICATIONS

- Increase Metabolism
- Reduce Triglyceride Levels
- Increase Levels of Adiponectin
- Stimulate a Reduction of Fat Build-Up in Liver
- Increase Fat-Burning Ability of Norepinehrine

**This product** contains concentrated doses of the chemical found in red raspberries (*Rubus Idaeus*). It is suggested that adding ketones to your diet will cause your body to release fat from fat cells.

## Overview

Raspberry Ketone Is a natural phenolic compound that is the primary aroma compound of red raspberries. Recent studies indicate that Raspberry Ketone is a potent fat burner. It has been shown to increase the secretion of adiponectin, which are protein hormones responsible for your metabolism. This health-improving extract helps melt away the fat and pounds. Raspberry Ketone is so effective it's been featured on the Dr. Oz show!

The body produces ketones during starvation or fasting and also during long bouts of physical training. When your muscles are sore after strenuous exercise - ketones cause the pain. Without ketones, there would be "No Pain, No Gain." That's because ketones are acidic and typically become buffered by the amount of carbon dioxide in the blood. Tested on a group of portly lab mice, it was discovered that raspberry ketone increased both the expression and secretion of adiponectin. This is important because adiponectin is a protein hormone which modulates a number of metabolic processes, including glucose regulation and fatty acid catabolism. Past research into adiponectin has shown that your levels of adiponectin are inversely correlated with your body fat percentage.

**Higher Adiponectin = lower levels of Body fat**



Raspberry Ketones are not to be confused with blood ketones produced in diabetes and on very low carbohydrate diets. Diabetes can cause a buildup of ketones due to the body's lack of insulin and is one of the reasons why diabetic patients become comatose. "This combination of low insulin, and relatively normal glucagon and epinephrine levels causes fat to be released from the fat cells," according to the Diabetes Teaching Center at the University of California, San Francisco".

Ketones haven't been clinically test or approved by the Food and Drug Administration for clinical purposes, but clinicians are testing other uses for ketones. Current clinical trials include whether ketones can help block neurodegeneration in patients with Parkinson's disease, and a trial examining how manipulating ketones through diet can affect patients with pancreatic cancer undergoing chemo radiation treatments. Although products containing this compound are marketed for weight loss, this effect has not been studied in humans.

