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400 mg Capsules - 30 Count



- 100% PURE
- NOTHING ADDED
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Contains NO:

- Gelatin
- Silica
- Maltodextrine
- Magnesium Stearate
- Microcrystalline Cellulose



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Pure Health's Pure Green Coffee Bean contains only the finest, fresh, high-quality pure Green Coffee Bean extract with 50% Chlorogenic Acid in vegetarian capsules and absolutely nothing else added!!

What is Green Coffee Bean and is it Effective?

Very simply put, Green Coffee Beans are Coffee Beans that are fresh and have not been roasted; the coffee we brew has

been roasted and this is why it is brown, rather than green. Coffee Beans naturally contain a compound called Chlorogenic Acid, which is the active weight loss compound in Pure Green Coffee Beans. Roasting Coffee Beans destroys the Chlorogenic Acid.

They contain a naturally occurring active compound called **Chlorogenic Acid** which has been shown in clinical studies to aid in weight management.



Recent clinical studies and trials have shown that the specific combination of Chlorogenic Acid and caffeine are effective for weight loss. One particular study followed 16 people (with a body mass index between 25% and 30%) and between 22 to 46 years old. Study participants were monitored for 22 weeks and participants diets and exercise were strictly monitored throughout the study. The participants ate on average 2,400 calories a day and had a calorie expenditure of 400 calories, nowhere near the levels necessary for weight loss.

What effects did Green Coffee Bean have? *After the study, participants were found to have lost an average of seventeen pounds, which broke down to a 10.5 percent decrease in overall body weight and a 16 percent decrease in body fat.*

How does Green Coffee Bean work for Weight Loss?

Green Coffee Beans have been shown to inhibit fat absorption and also stimulate the activation of fat metabolism in the liver, both major supporters of weight reduction.

The Chlorogenic acid found in Green Coffee Beans is a natural phytochemical that is found in a wide array of plants, with very high concentrations in Green Coffee Beans. It has been found to inhibit the release of glucose into the blood, particularly after meals, and appears to help people lose weight as a result.

Chlorogenic acid may also be able to induce body fat loss by increasing body heat produced, thus promoting thermogenesis, the natural burning of fat for energy. It is also believed to reduce the generation of new fat cells due to its superior anti-oxidant effects.



Chlorogenic acid does not appear to be absorbed by the small intestine and is not actually detected in plasma after ingestion. It is believed that Chlorogenic acid can bind to certain compounds and therefore hinder the absorption of dietary fat. The results are consistent with human and animal studies and suggest Green Coffee Beans are an effective tool for any weight reduction plan and may be specifically successful in reducing weight in pre-obese adults.

What other Benefits Does Green Coffee Bean Provide?



Overall Health - Many polyphenols function as antioxidants. Chlorogenic acid is a polyphenol that has been shown to neutralize several classes of carcinogenic compounds before they can damage DNA, thus preventing mutations from occurring and causing further disease.

Cardiovascular Health - High homocysteine concentrations in blood is a risk indicator for cardiovascular disease. Chlorogenic acid has been shown to aid in the decrease of total plasma homocysteine levels in those who ingested Chlorogenic acid

during clinical trials.

Chlorogenic acid has also been shown for treating hypertension. By neutralizing free radicals and regenerating vitamin E, Green Coffee Beans have been shown to inhibit lipid and LDL degradation, thereby promoting optimal cardiovascular health.

Blood pressure (both systolic and diastolic) has also shown to decrease significantly during clinical studies of Chlorogenic acid ingestion. During clinical trials, there was no difference in body mass index and pulse rate between test groups, nor were any apparent side effects detected. It also inhibits oxidation of the low-density lipoprotein (LDL), or bad cholesterol that can damage the arteries and accelerate atherosclerosis. Limiting this process is thought to help prevent cardiovascular disease.

Healthy Blood Sugar Levels - Chlorogenic acid has been touted as supporting healthy blood sugar levels. A number of population studies identified Chlorogenic acid users as being substantially less likely to get Type 2 diabetes. Further research has suggested the reason for this as being the effects of the Chlorogenic acid on glucose metabolism. Glucose is stored in the liver in a polysaccharide called glycogen, which is a long, branched chain of insoluble glucose molecules. In a process known as *glycogenolysis*, the enzyme glucose-6-phosphatase releases free glucose into the bloodstream, where it circulates to various organs. If glycogenolysis is inhibited, the body gets its energy from fat cells. This reduces blood glucose levels, helping to reduce the symptoms. Also, reducing the number of fat stores leads to weight loss.

The combined benefits of weight loss, cardiovascular health, healthy blood sugar levels and overall disease prevention due to the high levels of antioxidants in Green Coffee Beans all work synergistically to support a healthier, happier and more vibrant you!



Add a **Red Raspberry Ketone**
"kick" to your weight loss program!!
Click Here!!



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