CLAIMS

1. Use of a composition comprising from about 2 mg to about 800 mg of paraxanthine, in the manufacture of a medicament for promoting weight loss in a subject.
2. The use of claim 1, wherein paraxanthine is present in the composition in amount from about 20 mg to about 600 mg.
3. The use of claim 2, wherein paraxanthine is present in the composition in amount from about 50 mg to about 400 mg.
4. The use of claim 1, wherein weight loss is promoted through inducing thermogenesis in the subject.
5. The use of claim 4, wherein the composition further comprises one or more compounds selected from a list consisting of: caffeine, green tea, capsaicin, garcinia cambogia, yohimbine and bitter orange.
6. The use of claim 1, wherein weight loss is promoted through suppression of appetite in the subject and wherein administration of the composition to the subject suppresses appetite in the subject by at least about 30%.
7. The use of claim 1, wherein weight loss is promoted through enhancing lipolysis in the subject.
8. The use of claim 1, wherein administration of the composition to the subject decreases the respiratory quotient in the subject by at least about 10%.
9. The use of claim 1, wherein resting energy expenditure in the subject is increased by at least about 15%.
10. The use of claim 7, wherein the composition further comprises one or more compounds selected from a list consisting of caffeine, green tea extract, L-carnitine, Garcinia cambogia (hydroxycitric acid), capsaicin, ginseng, taurine, silk peptides, catechols, epigallocatechin gallate (EGCG), catechins, and proanthocyanidins and octacosanol.
11. The use of claim 1, further comprising restricting calorie intake of the subject and wherein the amount of weight loss in the subject is greater than that for a subject with an equivalent calorie restriction that has not been provided the composition and wherein the ratio of fat loss to muscle loss in the subject is greater than that for a subject with an equivalent calorie restriction that has not been provided the composition.

12. The use of claim 1, wherein the subject is not administered caffeine.

13. Use of a composition comprising from about 2 mg to about 800 mg of paraxanthine, in the manufacture of a medicament for suppressing appetite in a subject.

14. The use of claim 13, wherein administration of the composition decreases appetite in the subject by at least about 30%.

15. The use of claim 13, wherein the subject is not administered caffeine.

16. Use of a composition comprising from about 2 mg to about 800 mg of paraxanthine, in the manufacture of a medicament for increasing swagger in a subject.

17. The use of claim 16, wherein paraxanthine is present in the composition in amount from about 20 mg to about 600 mg.

18. The use of claim 17, wherein paraxanthine is present in the composition in amount from about 50 mg to about 400 mg.

19. The use of claim 15, wherein the composition further comprises one or more compounds selected from the list consisting of: omega-3 fatty acids, vitamin D, vitamin B, protein, selenium, fast digestive carbohydrates like sugar, vitamin K, calcium, vitamin A, ashwagandha (Withania somnifera), Acetylcholine, Acetyl L-Carnitine, tyrosine, N-acetyl-L-tyrosine, Ergothioneine, tryptophan, 5-HTP, arginine, citrulline, norvaline, GABA, Dopa (Velvet Bean), Kanna, L-theanine, phosphatidylcholine, alpha-GPC (L-alpha glycerylphosphorylcholine), Citicoline (Cytidine diphosphate choline (CPD Choline)), Choline Bitartrate, Bacopa Monnieri, Phosphatidylserine, pilocarpine, and cevimeline Amburana cearensis, Lippia sidoides, Paullinia cupana, Plathymiscium floribundum, curcuminoids, caffeine, creatine, and Solanum asperum.

20. The use of claim 15, wherein administration of the composition to the subject increases swagger in the subject by at least about 20%.

21. Use of a composition comprising from about 2 mg to about 800 mg of paraxanthine, in the manufacture of a medicament for promoting fat loss in subject.

22. The use of claim 21, wherein paraxanthine is present in the composition in amount from about 20 mg to about 600 mg.

23. The use of claim 22, wherein paraxanthine is present in the composition in amount from about 50 mg to about 400 mg.

24. The use of claim 21, wherein the subject is not administered caffeine.

25. The use of claim 21, wherein fat loss is promoted through inducing thermogenesis in the subject.

26. The use of claim 25, wherein the composition further comprises one or more compounds selected from the list consisting of: caffeine, green tea, capsaicin, garcinia cambogia, yohimbine, catechols, EGCG, catechins, and proanthocyanidins and octacosanol and bitter orange.

27. The use of claim 21, wherein fat loss is promoted through suppression of appetite in the subject.

28. The use of claim 27, wherein administration of the composition to the subject suppresses appetite in the subject by at least about 30%.

29. The use of claim 21, wherein administration of the composition to the subject decreases the respiratory quotient in the subject by at least about 10%.

30. The use of claim 27, wherein the composition further comprises one or more compounds selected from the list consisting of: fenugreek, glucomannan, gymnema sylvestre, 5-HTP, Caralluma fimbriata, green tea extract, conjugated linoleic acid, Garcinia cambogia, and Yerba mate.

31. The use of claim 21, wherein fat loss is promoted through enhancing lipolysis in the subject.

32. The use of claim 31, wherein the composition further comprises one or more compounds selected from the list consisting of caffeine, green tea extract, L-carnitine, Garcinia cambogia (hydroxycitric acid), capsaicin, ginseng, taurine, silk peptides and octacosanol.

33. The use of claim 21, further comprising restricting calorie intake of the subject.

34. The use of claim 33, wherein the amount of fat loss in the subject is greater than that for a subject with an equivalent calorie restriction that has not been provided the composition.

35. The use of claim 33, wherein the ratio of fat loss to muscle loss in the subject is greater than that for a subject with an equivalent calorie restriction that has not been provided the composition.

36. A composition comprising from about 2 mg to about 800 mg of paraxanthine, for use in therapy.