Compositions and Methods for Increasing Metabolism, Thermogenesis and/or Muscular Definition

Field of the Invention

The present invention relates to compositions and methods for increasing a person's natural metabolic rate, increasing thermogenesis or decreasing water retention.

Summary of the Invention

In one aspect, the present disclosure comprises a composition of a first combination that comprises green tea extract, anhydrous caffeine, and guarana powder; a second combination that comprises dandelion root extract, and juniper berry powder; and a third combination that comprises N-acetyl-L-tyrosine, and gynostemma pentaphyullum. Additionally, the present disclosure may also comprise thiamin, pyridoxine, niacin, quercetin dehydrate, cayenne pepper powder, oolong tea extract, white tea extract, theobroma cocao extract, vinpocetine, yerba mate leaf powder, parsley powder extract, picamilone, and xanthinol nicotinate. In another aspect, the present disclosure provides methods for increasing the natural metabolic rate, burning calories, increasing thermogenesis and decreasing water retention in a subject. In another aspect, the present disclosure provides methods of reducing body fat mass leading to weight loss and improving muscular definition in subjects.

In one aspect, there is provided a composition comprising: Green Tea Extract, Anhydrous Caffeine, Guarana Extract, Dandelion Root Extract and Juniper Berry Powder.

Detailed Description of the Invention

The present invention, according to one embodiment, provides a composition for increasing a subject's natural metabolic rate and/or decreasing water retention, thus

reducing a subject's body fat mass leading to weight loss and improving visible muscular definition. Certain embodiments of the present invention include diet supplements. According to other embodiments of the present invention, there is provided a composition that reduces body fat mass leading to weight loss, thus improving muscular definition. In one embodiment the present invention may allow a subject to burn more calories than the subject would otherwise burn (dramatically increasing thermogenesis), thereby reducing body fat mass leading to weight loss.

In another embodiment the present invention provides compositions and methods that decrease water retention in subjects. For example, the composition and method may provide a diuretic effect causing a person to retain less water than the person would otherwise retain, thereby providing weight loss and improving muscular definition.

In certain embodiments of the present invention, a composition and related methods comprise:

a first combination of one or more of theobroma extract, green tea extract, oolong tea extract, white tea extract, anhydrous caffeine, niacin, and yerba maté extract, and guarana extract;

a second combination of one or more of dandelion root extract, juniper berry powder, parsley powder (leaf) and cayenne pepper powder;

a third combination of one or more of N-acetyl-L-tyrosine, gynostemma pentaphyullum extract, and vinpocetine. Additionally, the present invention may also comprise thiamin, pyridoxine, picamilone, garcinia cambogia, and/or xanthinol nicotinate. In another embodiment, the present invention may further comprise

ingredients such as, thiamin or any salts or esters thereof, niacin, xantinol nicotinate, picamilone, and pyridoxine or a salt thereof in any of its pharmaceutically acceptable forms.

Compounds according to the present invention have been shown to have thermogenic effects. Catechin epigallocatechin-3-gallate (EGCG), a component of green tea, has been shown to possess the ability to give to rise to thermogenic effects. In one study (*Berube-Parent S, Pelletier C, Dore J, Tremblay A.* (2005) "Effects of encapsulated green tea and Guarana extracts containing a mixture of epigallocatechin-3-gallate and caffeine on 24 h energy expenditure and fat oxidation in men." Br J Nutr. Sep;94(3):432-6.) the energy expenditure and fat oxidation over a 24-hour time period employing components of the present invention was observed. Fourteen subjects took part in a randomized, placebo-controlled, double blind, crossover study. Each subject was tested 5 times in a metabolic chamber to measure 24-hour energy expenditure, substrate oxidation and blood pressure. During each stay, the subjects ingested a placebo or capsules containing components of the present invention 30 minutes before standardized meals. It was found that 24-hour energy expenditure increased significantly by about 750 kJ within all the treatment groups compared to placebo. This study found an increase in the 24-hour energy expenditure in the treatment groups. The resultant increase in energy expenditure via treatment with components comprising the present invention leads to an increase in the natural metabolic rate, the burning of calories, and an increase in thermogenesis.

Where the composition is in the nature of a diet supplement, the diet supplement may be consumed in any form. For instance, the dosage form of the diet supplement

may be as a powder beverage mix, a liquid beverage, a ready-to-eat bar or drink product, a capsule, a tablet, a caplet, or as a dietary gel.

Furthermore, the dosage form of the diet supplement in accordance with these embodiments may be provided in accordance with customary processing techniques for herbal and/or diet supplements in any of the forms mentioned above.

In one embodiment of the present invention, which is set forth in greater detail in Example 1 below, a composition is provided for increasing the natural metabolic rate, burning calories, increasing thermogenesis and decreasing water retention.

In a second embodiment of the present invention, which is set forth in greater detail in Example 2 below, a composition is provided for increasing the natural metabolic rate, burning calories, increasing thermogenesis and decreasing water retention.

The compositions according to the present invention may be employed in methods for increasing the natural metabolic rate, burning calories, increasing thermogenesis and decreasing water retention in subjects. The compositions of the present invention are particularly advantageous for athletes and bodybuilders to improve muscular definition. The dosage amount of the compositions according to the present invention which is administered to a subject may vary depending on the desired effect, the body weight and other characteristics of the subject. For example, in various embodiments, the compositions according to the present invention are administered to the subject on a daily basis. In another embodiment the compositions according to the present invention are administered to the subject three times daily.

The present invention also provides a method of increasing the natural metabolic

rate, burning calories, increasing thermogenesis and decreasing water retention in a subject. In one embodiment, the methods of the present invention include administering a composition to a subject. According to another embodiment of the present invention, methods for reducing body fat mass leading to weight loss and thus improving visible muscular definition are provided. In one embodiment , the administration of compositions according to the present invention allow a person's body to burn more calories than the person's body would otherwise burn (dramatically increasing thermogenesis), thereby reducing body fat mass leading to weight loss.

In example embodiments set forth below, the methods of the present invention provide for the administration of compositions according to the present invention that decrease water retention. For example, the administration of compositions according to the present invention may provide a diuretic effect causing a person to retain less water than the person would otherwise retain, thereby providing weight loss and improving muscular definition.

In embodiments described in the examples below, compositions and related methods comprising a first combination of one or more of theobroma extract, green tea extract, oolong tea extract, white tea extract, caffeine, niacin, and yerba maté extract, and guarana extract;

a second combination of one more of dandelion root extract, juniper berry powder, parsley powder (leaf), cayenne pepper powder, and xanthinol nicotinate;

a third combination of one or more of N-acetyl-L-tyrosine, gynostemma pentaphyullum extract, and vinpocetine. Additionally, the present invention may also comprise thiamin, pyridoxine, picamilone, garcinia cambogia extract, and/or xanthinol

nicotinate.

The compositions according to the present invention may be administered in methods for increasing the natural metabolic rate, burning calories, increasing thermogenesis and decreasing water retention. The methods of the present invention are particularly advantageous for athletes and bodybuilders to improve visible muscular definition. In certain embodiments, the methods of the present invention include a determination, and an administration, of an amount of a composition in accordance with factors such as the desired effect, the body weight and characteristics of the athlete. For example, in certain embodiments, the present invention includes methods of administering compositions according to the invention to subjects on a daily basis or three times daily.

Although the following example illustrates the practice of the present invention in example embodiments, the examples should not be construed as limiting the scope of the invention. Other embodiments will be apparent to one skilled in the art from consideration of the specification and example.

Example 1

As a first example, the following composition is provided: green tea extract (0.4440 g), caffeine anhydrous (0.3000 g), dandelion root powder (0.2500 g), parsley powder (0.2000 g), juniper berry powder (0.2000 g), cayenne pepper powder (0.1000 g), n-acetyl-l-tyrosine (0.1000 g), quercetin dehydrate (0.1000 g), picamilone HCl (0.1000 g), gynostemma pentaphyullum leaf exact (0.0350 g), niacin (0.0330 g), oolong tea dry leaf extract (0.0100 g), white tea dry leaf extract (0.0100 g), theobroma cocao extract (0.0100 g), vinpocetine (0.0050 g), pyridoxine HCl (0.0020 g), thiamin

mononitrate (0.0015 g), guarana powder (0.0010 g), yerba maté leaf powder (0.0010 g), gelatin, titanium dioxide, microcrystalline cellulose (0.0660 g), magnesium stearate (0.0330 g), and silica (0.0165 g).

The example composition may be ingested 30 to 60 minutes prior to eating a meal. The example composition can also be consumed prior exercise to increase and athlete's training intensity.

Example 2

As a second example, the following composition is provided: green tea extract (0.440 g), caffeine anhydrous (0.3000 g), dandelion root powder (0.2500 g), parsley powder (0.2000 g), juniper berry powder (0.200), cayenne pepper powder (0.100 g), n-acetyl-l-tyrosine (0.1000 g), quercetin dehydrate (0.1000 g), xanthinol nicotinate (0.1000 g), gynostemma pentaphyullum leaf exact (0.0350 g), niacin (0.0330 g), oolong tea dry leaf extract (0.0100 g), white tea dry leaf extract (0.0100 g), theobroma cocao extract (0.0100 g), vinpocetine (0.0050 g), pyridoxine HCl (0.0020 g), thiamin mononitrate (0.0015 g), guarana powder (0.0010 g), yerba maté leaf powder (0.0010), gelatin, titanium dioxide, microcrystalline cellulose (0.0660), magnesium stearate (0.0330 g), and silica (0.0165 g).

The example composition may be ingested 30 to 60 minutes prior to eating a meal. The example composition can also be consumed prior exercise to increase and athlete's training intensity.

Claims:

What is claimed:

1. A composition comprising:
   Green Tea Extract, Anhydrous Caffeine, Guarana Extract, Dandelion Root Extract and Juniper Berry Powder.

2. A composition according to claim 1 further comprising Thiamin.

3. A composition according to claim 1 further comprising Pyridoxine.

4. A composition according to claim 1 further comprising Niacin.

5. A composition according to claim 1 further comprising Picamilone.

6. A composition according to claim 1 further comprising Xantinol Nicotinate.

7. A composition according to claim 1 further comprising Garcinia Cambogia extract.

8. A use of a composition according to claim 1 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

9. A use of a composition according to claim 2 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

10. A use of a composition according to claim 3 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

11. A use of a composition according to claim 4 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

12. A use of a composition according to claim 5 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

13. A use of a composition according to claim 6 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.

14. A use of a composition according to claim 7 for the manufacture of a medicament for increasing the natural metabolic rate, burning calories, increasing thermogenesis or decreasing water retention in a subject.