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(54) Title: 1-METHYLYXANTHINE-BASED BIOACTIVE COMPOSITION AND METHOD OF USE THEREOF

(57) Abstract: The disclosed compositions, systems and methods relate to a dietary supplement for human consumption and comprises 1-methylxanthine and optionally other compounds that modulate the effects of 1-methylxanthine. Uses for the 1-methylxanthine-containing supplements contain improvement of at least one of endurance performance, mood, vigor, lipolysis, energy expenditure, exercise performance, and/or decreased appetite.

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