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(54) Title: COMPOSITIONS AND METHODS FOR INCREASING METABOLISM, THERMOGENESIS AND/OR MUSCULAR DEFINITION

(57) Abstract: Compositions and methods for administering the same to humans are provided for the promotion of increasing a person's natural metabolic rate, increasing thermogenesis, increasing training intensity, increasing muscular definition, and/or decreasing water retention. Said compositions comprise, green tea extract, anhydrous caffeine, theobroma cacao extract, oolong tea extract, white tea extract, guarana, yerba mate powder, dandelion root extract, juniper berry powder, parsley powder, garcinia cambogia extract, cayenne pepper powder extract, n-acetyl-l-tyrosine, quercetin dehydrate, gynostemma pentaphyllum extract, vinpocetine and optionally thiamin, pyridoxine, picamilone, xanthinol nicotinate, garcinia cambogia extract and niacin.



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