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(54) Title: PARAXANTHINE-BASED COMPOSITIONS FOR PROMOTING WEIGHT LOSS

(57) Abstract: Disclosed herein are methods for promoting weight loss in a subject by administering to the subject a composition comprising from about 2 mg to about 800 mg of paraxanthine. In certain aspects, paraxanthine is present in the composition in amount from about 20 mg to about 600 mg. In further aspects, paraxanthine is present in the composition in amount from about 50 mg to about 400 mg. According to certain embodiments, weight loss is promoted through inducing thermogenesis in the subject. In further embodiments, weight loss is promoted through enhancing lipolysis in the subject. According to certain implementations, administration of the composition to the subject decreases the respiratory quotient in the subject by at least about 10%.

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