

Clinical studies find that most overweight people are lacking in these 8 fat burning nutrients

Tablets now available that provide all 8 fat burning nutrients

By John Whitehead, Media Services (Canton, OH) Do you feel that you do not eat that much food but still gain weight for some other unknown reason? New research has now found it is not your imagination.

Clinical studies have found that many overweight people lack the proper nutrients to burn fat efficiently. These studies were cited in major medical journals including The American Journal of Clinical Nutrition, The International Journal of Biochemistry, The New England Journal of Medicine, Current Therapeutic Research and The International Journal of Obesity. A major company, Biotech Research, also did studies on test groups of people, some of which are pictured here.

These studies found that most overweight people do not take in any more calories than those people who are not overweight. It was found that most overweight people can be deficient in the following 8 nutrients that enable the body to burn fat: L-carnitine, chromium picolinate, choline, inositol, biotin, pancreatin enzyme, betaine enzyme, and vitamin B6. These nutrients are only found in certain foods and you must get enough of these nutrients to properly burn fat.

After their studies, Biotech Research also has recently developed tablets you can take that provide all 8 of these critical fat-burning nutrients.

To make energy from fat, there are numerous chemical pathways and stages that fat is taken through (see Figure 1). In many of these stages, key nutrients are needed as catalysts to break down fat into different components. These catalysts and chemical signals include the critical nutrients: choline, inositol, biotin, and vitamin B6. Two critical enzymes are also needed to break down fat, which are pancreatin and betaine. Fat also needs to be transported to the fat burning chamber of the cell called the mitochondria. Once outside the mitochondria, fat is transported inside with the aid of L-carnitine and is converted to energy that the cell can use for other processes the cell uses for life. Some of the other critical nutrients, such as chromium picolinate, help regulate and produce insulin, and insulin helps control hunger, regulates fat storage, and aids muscle building. These nutrients get used up in the process. Lack of these nutrients slows down fat metabolism. If we supplement our diet or eat the right foods that contain these critical nutrients, our fat metabolism will occur at a very high rate all the time.

There have been numerous clinical studies that show that these 8 key nutrients cause people to burn fat efficiently, lose stored fat, and maintain proper weight. In one of these clinical studies reported in the medical journal Current Therapeutic Research (51:261-274), a group of 30 obese women and 10 obese men were placed on diets. The women were put on a 1200 calorie a day diet and the men a 1600 calorie a day diet. The group was then split in half. One group was provided with the adequate amount of only 2 of the 8 critical fat burning nutrients: chromium picolinate and L-carnitine. The other group was provided with a placebo pill of inactive ingredients. The group that was provided with the fat burning nutrients lost 15 pounds on average while the other group lost zero pounds.

New research has also found that it is not the total amount of calories taken in per day that determines weight loss or weight gain, but rather the food source of the calories. All calories are not created equal. Some types of calories convert 100% to stored fat while with other types of calories, only 40% converts to stored fat. You also increase fat burning when you eat the different types of calorie sources of foods in certain combinations. And this combination should be changed constantly so that the body will not try to store fat. This average combination is the critical combination that maximizes fat

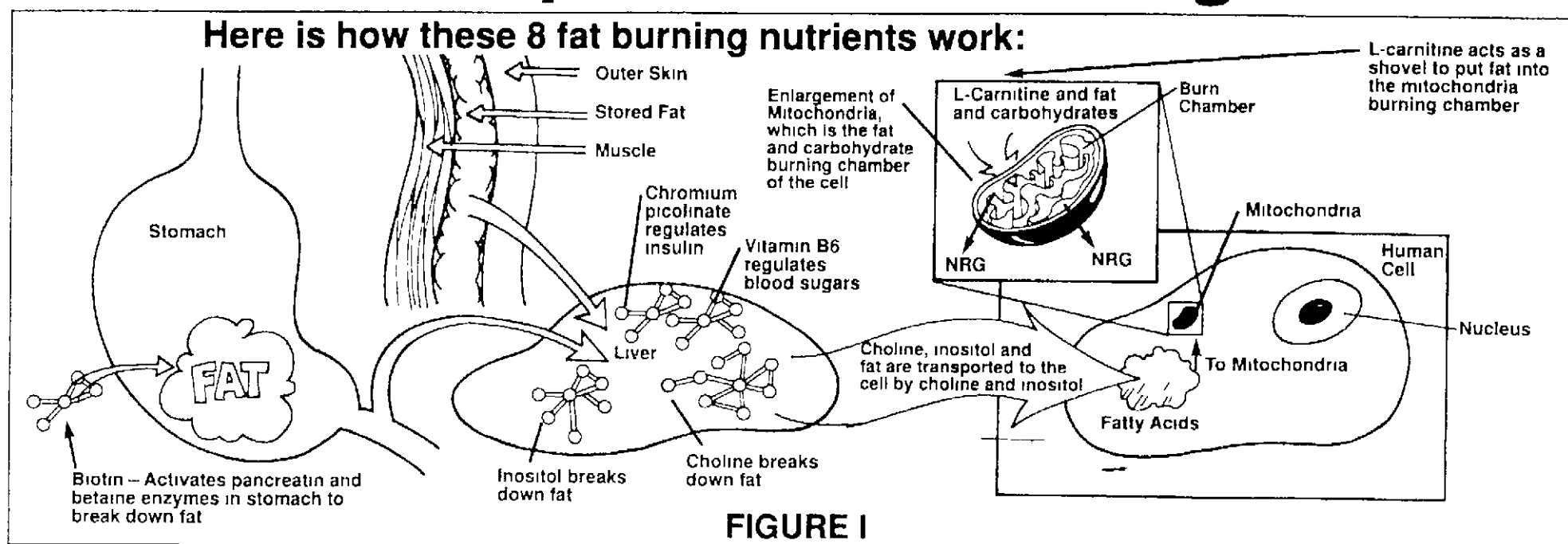


FIGURE 1

These people are from a test group that used the new Biogenesis method which provided them the critical fat-burning nutrition



RESEARCH SUBJECT BSPPS-393



After 11 weeks

Research Subject Comments: My name is Mary Borntrager, mother of 3, age 55. Here are pictures of me at the start of Biogenesis and after only a few weeks. The fat burning nutrition is fantastic. In only 4 weeks, I lost 14 pounds and over 12 inches. I also dropped my blood pressure 29 points from a dangerous 147/84 to a healthy 129/72 and dropped my cholesterol 35 points from 226 to 191. After only 11 weeks, I have now lost 27 1/2 pounds and am at my ideal weight, the same as when I was a teenager. I dropped 6 dress sizes from a size 12 to a size 6.

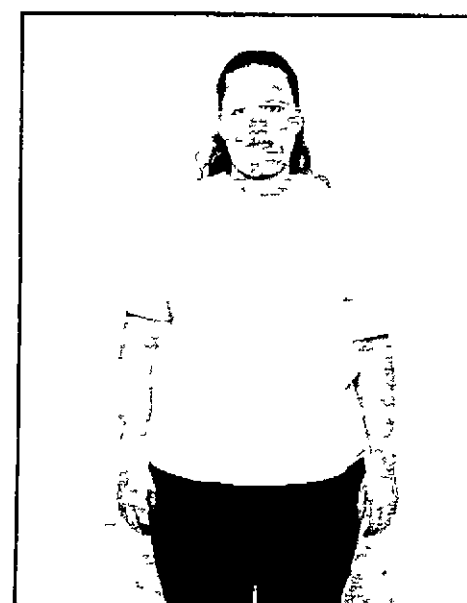


RESEARCH SUBJECT BSPPS-374



After 11 weeks

Research Subject Comments: My name is Lora Ladson, age 41, mother of one. I started Biogenesis and 8 weeks later, at my son's wedding, people couldn't believe it was me. I had gone from a size 12 to a size 8. The nutrition in Biogenesis really burns fat fast. Now I wear a size 5/6, have lost a total of 21 3/4 inches and 29 lbs. I can now eat a lot more food without gaining weight. Unlike other weight loss methods my body now is shaped, tight and toned. My husband can't stop looking at me and telling me how wonderful I look and how proud he is of me.



RESEARCH SUBJECT BSPPS-421



After 4 weeks

Research Subject Comments: My name is Jennifer Jones, mother of 3, age 36. I started Biogenesis, and after only 2 weeks, I was able to fit into a pair of jeans of my daughter's. I had not been able to wear any kind of jeans or form fitting dresses for the longest time, for over 4 years. I dropped my blood pressure by 12 points and my cholesterol by 17 points in only 4 weeks. I dropped 6 dress sizes in only 11 weeks. I've tried aerobics, diets, diet pills, diet drinks. You name it, I've tried it. None of it works. Biogenesis works and it works fast.



RESEARCH SUBJECT BSPPS-507



After 12 weeks

Research Subject Comments: My name is Steve Hamrook, father of 2, age 45. I lost 8 1/2 pounds in the first 2 weeks on Biogenesis and over 34 pounds in a few months. Nothing is faster. And, in only 4 weeks, I dropped my blood pressure by 36 points from 138/76 to 110/68, which is that of a teenager. My cholesterol dropped 32 points. A doctor said Biogenesis probably saved my life. Biogenesis eliminated my "love handles," reduced my hips and made my portly flat as a board. I am now at my ideal weight like my teenage years. In only 11 weeks I dropped 6 inches in my waist and went from a size 37 pant to a size 31. Biogenesis radically changed my life.

burning and increases metabolic rate.

This has also been found at Biotech Research and in other clinical studies across the nation. To lose weight, most overweight people actually need to increase their calories per day and change the combinations of the types of food calorie sources as mentioned.

If you lower your calorie intake dramatically, even going to 1000 calories or less a day, your body will go into survival mode. It will then shut down your metabolism and thus bring fat burning to a very low level. It will also start breaking down your muscles and internal organs and start burning them for energy to preserve fat.

It was found at Biotech Research that when research subjects were provided with food that contained the 8 critical fat burning nutrients and got the right calorie food source combinations, they could increase their calorie intake per day, eat 5 delicious meals a day and lose weight without hunger. They also lost weight without exhaustive exercise. Actually, only a few minutes a day of the most

minimal, non-exhaustive exercise was required simply to stimulate the muscles. All of these elements were then put into a simple to follow routine called Biogenesis.

A research group of 28 people (4 of which are pictured here) who used Biogenesis had these results as verified by medical doctor's examinations taken before and after Biogenesis. This group, in only 4 weeks, lost 220 pounds and 169 inches off their bodies. In only 11 weeks, this group lost 416 pounds and 356 inches off their bodies. In only 4 weeks, 75% of the research group dropped their blood pressure by an average of 27.50 points. Some dropped their blood pressure over 60 points. And 81.50% dropped their cholesterol by an average of 36.57 points and some by over 100 points. One person in the group, a diabetic, dropped her glucose (blood sugar) by 39 points. Again, all this in only 4 weeks. Many people in the test group also reported that Biogenesis relieved their aches and pains.

There were people in this test group who had never been

able to lose weight before who finally lost a dramatic amount of weight. Some users of Biogenesis lost 7 pounds in one week. Some women lost 2 jean sizes and some men 2 pant sizes in only 2 weeks. In only 11 weeks, some women dropped 6 dress sizes and some men dropped 6 pant sizes.

Biogenesis was developed by Biotech Research. The lead developers were Frank Campitelli and David Dearth. Frank Campitelli is a certified personal trainer and nutritionist. Campitelli is the famous all time, best-selling fitness book and fitness program author who you probably have seen on television, in magazines and in nearly every newspaper in the country. David Dearth is a certified professional bodybuilder, certified by the International Federation of Bodybuilders (IFBB) and is a famous international bodybuilding contest champion. Bodybuilders must get to less than 7% body fat for contests, therefore, much of the knowledge on fat loss originated with the professional bodybuilding community. Dearth was also one of the leading personal trainers for Hollywood movie stars and profes-

sional models who must maintain low body fat.

The Biogenesis method has been put into an easy to follow special report and made available to the public. Thousands of people across the nation are now using Biogenesis and are now losing a large amount of weight for the first time in their lives and they are keeping it off. People who use Biogenesis say that even when they stop, then weight does not jump up again as usually happens with the ineffective fad weight loss methods of the past that create the yo-yo effect.

Biogenesis lists all the foods that you need to eat and in what amounts in order to get the critical fat burning nutrients. Biogenesis also provides the critical combinations of calorie sources to eat to dramatically increase your metabolic rate and thus your fat burning rate. It also includes simple moves to stimulate your muscles to really accelerate fat loss.

Biogenesis also comes with a 60 tablet bottle of the 8 critical fat burning nutrients. These nutrients are all natural and safe to use. They are produced for Biotech Research by a major

vitamin company.

Biogenesis is an exclusive of Biotech Research and is not available in any stores. You may obtain Biogenesis for only \$39, but if you order in the next 10 days, you can get Biogenesis and the 60 tablet bottle of the 8 fat burning nutrients for only \$29 as a special discount to readers of this newspaper. Biogenesis carries an unconditional, money-back guarantee if you are not totally satisfied (BSP504).

To order by phone by credit card, call 1-800-466-7688. Operators are on duty 24 hours a day.

To order via the web, go to www.biogenesis.net/BSP504.htm.

To order by mail, by check, or credit card, simply get a blank piece of paper and write "Biogenesis" at the top followed by your name and address and payment method. Mail to: Biotech Research, Dept. BSP504, Biotech Research Building, Canton, Ohio 44767.

Consult your physician before beginning this or any weight loss or exercise program. Results obtained with this program can and do vary.