

# 5 Simple Fat Burners

...That You Can Try  
Without Breaking the Bank!

by **Paul Crane**

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*5 Simple Fat Burners* is meant for educational purposes only. Please see your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

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## About The Author...

Paul Crane is the Webmaster of UltimateFatBurner.com, the most trusted and respected supplement review Web site on the Net. Since 1999, we have been educating and delighting visitors with honest, heartfelt, and somewhat irreverent product reviews.

UltimateFatBurner.com tells it like it is. We put supplement claims and ingredients under the microscope, analyze the supporting clinical data and then report back to you, so you can make informed decisions about how to spend YOUR money.

That has not made us popular with everyone, you understand; [we frequently get threatened with legal actions for doing so!](#)

From revealing the latest weight loss product scam to the posting of reviews of body building supplements, blood sugar moderators, natural testosterone boosters and more, you'll find it all at UltimateFatBurner.com. Check out hundreds of reviews, articles and blog posts...all free!

Thank you for downloading this report, and please feel free to share it with anyone who you think may find it helpful.

Good luck achieving all your fitness, weight loss, and health goals!

All the best,

A handwritten signature in black ink, consisting of a large, stylized loop followed by a long horizontal stroke that ends in a small hook.

Paul Crane

## Introduction

If you're in the market for a weight loss supplement, there are plenty of people who will willingly take your money. Some of them will make an effort to deliver a decent product at a reasonable price. Others could care less about doing so; their only mandate is to extract as much cash from you as possible before you realize you've been had.

Either way, there are some fundamental truths you should know. Most supplements contain ingredients that are...

- Included at less than optimal dosage.
- Not supported by conclusive clinical data.
- Vastly exaggerated in their effects.
- Easily attained in isolation for a much reduced cost.

In essence, most supplement retailers jam a bunch of fairly ordinary ingredients into capsules, and then invest their rest of their time and money promoting their products to consumers. Not surprisingly, this means the end cost of such products is always artificially inflated, and many times that of the raw ingredients themselves.

You always pay WAY more than you need to!

But you are a savvy consumer.

That's why you downloaded this report.

In it, you'll learn that you don't have to mortgage your children's future to pay for weight loss supplements, and that you can experiment with some of the most promising of them—at the dosages shown to be effective in clinical studies—for a fraction of what you would normally pay for brand name weight loss products.

That's what this document is about: empowering you so you can experiment without breaking the bank!

Of course, before I begin, let me point out the obvious...

1. While all the supplements outlined in this report have clinical data validating their weight loss effects, none of them are “miracle” solutions. Despite what you may read elsewhere, **there is no miracle pill.**
2. If you don't change your diet and lifestyle, and continue to over-consume calories, there is nothing in this report that will help you.
3. Always check with your doctor before starting any diet or exercise program or before using any supplements.

With that said, let's not waste any more time. Let's get started with the first of our 5 fat burners...

## **Weight Loss Supplement #1: Glucomannan**

Also known as konjac or *Amorphophallus konjac*, glucomannan is a fiber supplement derived from a large perennial plant native to warm Asian regions—subtropical and tropical regions of China, Japan and Indonesia.

Glucomannan is a soluble fiber, which means it dissolves in water. Mix the two together, wait a few minutes, and you end up with a big gelatinous mass. It may sound unappealing, but this is a good thing; when it happens in your stomach, it adds bulk, slows digestion, increases satiety, and lowers blood sugar as well as LDL cholesterol levels.

The majority of glucomannan's benefits have been validated by bona fide, peer reviewed clinical studies.

For instance, there are studies that validate its effects on blood sugar, LDL cholesterol, and blood lipid levels<sup>1</sup>. Heck, there's even preliminary data that suggests it may help with hyperthyroidism<sup>2</sup>.

Perhaps more germane to this discussion is the studies that confirm its effects on weight loss<sup>3</sup>.

One specific study<sup>4</sup> showed that 1 gram of glucomannan, taken with 8 oz. of water one hour prior to meals, had a significant influence on weight loss—almost 6 pounds of fat lost in two months.

Of course, it should be noted that this equates to .75 pounds of weight lost per week. This is helpful, of course, but not miraculous—and certainly not reflective of the claims made by some retailers of such products.

There are several expensive brand name glucomannan products on the market today, the most common of which is Lipozene<sup>®</sup>, which retails for about \$30 for a 15-day supply.

But you don't need to spend \$60 to experiment with glucomannan.

Instead, you can try it just a touch over \$5 per month, when you buy the Now brand glucomannan powder from iHerb.com...

<http://www.ultimatefatburner-recommends.com/NowKonjacPowder>

Just sprinkle 1 gram (about a quarter teaspoon) over each of your 3 meals, or for best results, mix into an 8 oz. glass of water and consume an hour before your meals (be sure to drink it **im-**

mediately or it will “gel” up in the glass).

This 227 grams bottle will last you 75 days (or 2 and a half months, and will set you back less than \$13).

**That means you can experiment for about 17 cents per day.**

It’s more expensive to use capsules; 180 capsules retails for just under \$12...

<http://www.ultimatefatburner-recommends.com/iherbnowkonjaccaps>

If you take 2 prior to each meal (not 3, as the label suggests) then you’ve got a month’s supply. For 40 cents per day—still not bad!

One study<sup>5</sup> indicates that glucomannan-based supplements can pose a hazard for individuals with upper gastrointestinal pathology, so be sure to consume with lots of water to make sure it gets down. Also, glucomannan may impede the absorption of medication and nutrients, so it’s a wise idea to wait a couple of hours after consuming to take medication.

One thing to remember...

The majority of the characteristics of glucomannan are shared with many more common forms of soluble fiber and you could boost your fiber intake by simply eating more high fiber foods.

However, supplementing with glucomannan is simple, fast, and now... affordable.

## ***Weight Loss Supplement #2: Caffeine***

Almost every fat burner on the planet is jam-packed with caffeine—the same stuff present in energy drinks, coffee, sodas, chocolate, etc. In many cases, it’s one of the only ingredients included at a dosage strong enough to have any effect. There’s good reason for this...

First, it addresses the complaint common to most dieters—lack of energy. If you’re constantly dragging your butt around, struggling for the “oomph” necessary to make it to the gym, caffeine can certainly help.

Second, it’s an ingredient you can “feel.” This gives the impression the product is “working”, regardless of whether the formula is actually doing anything for your weight loss goals or not.

Last, clinical data indicates that caffeine does elevate the metabolism<sup>6</sup>, and accordingly, may help with weight loss.

One study<sup>7</sup> demonstrated that repeated caffeine administration (100 mg dosage) at 2 hour intervals over a 12 hour day increased energy expenditure by 8–11%.

Not surprising, you don't need to spend \$40 for caffeine based fat burner in order to experiment with caffeine. Caffeine is cheap—you can buy 100 tabs for around \$5...

<http://www.ultimatefatburner-recommends.com/caffeine>

Special note: Caffeine is a stimulant and is not something to consider if you suffer from high blood pressure, heart disease or any serious medical condition. Do not consume in excess of 600 mg of caffeine in any 24 hour period, especially if you are pregnant, as excessive caffeine consumption has been tied to low fetal birth weight.

Most caffeine supplements are delivered in a 200 mg dose; we recommend splitting the tabs in half, and taking half every 2 hours as documented in the aforementioned study.

At this dosage, one \$5 bottle will last you slightly over a month, allowing you to experiment for around **\$0.17 per day!**

Don't be drawn in by retailers' claims that the caffeine in their formulation offers "synergistic" benefits (i.e., combined, the ingredients provide greater benefit than the sum of their individual parts) or that their "proprietary" caffeine acts more quickly and is "better" than "regular" caffeine. 9 times out of 10 this is nonsense and not supported by clinical data. Caffeine is caffeine is caffeine. No point in paying more than you need to!

## ***Weight Loss Supplement #3: CLA (Conjugated Linoleic Acid)***

CLA, or conjugated linoleic acid, is a non-essential fatty acid found primarily in meat and dairy products. Since it is "non-stimulant" (i.e., does not contain caffeine or related compounds) it's an ideal weight loss product to investigate if you have high blood pressure, heart disease or simply prefer not to spend your entire day all "jacked up."

Although early studies were inconclusive<sup>8</sup>, more recent ones suggest CLA supplementation can lead to "modest weight loss"<sup>9</sup>.

There's even a study that suggests CLA may prevent "holiday weight gain<sup>10</sup>!"

CLA has been around for quite some time, and accordingly, has found its way into the formulas of many weight loss products. Most of the time, however, the amount included in the formulas is only a fraction of the amount necessary to obtain a result. That's not surprising; given the optimal amount of CLA for weight loss appears to be 3.2 grams per day.

The key to experimenting with CLA then, is purchasing it in isolation, and taking it at the appropriate dosage. We recommend the Now brand CLA from BodyBuilding.com...

<http://www.ultimatefatburner-recommends.com/NOWCLABB>

At 4 capsules per day (not 3, as the label recommends—that's not a potent enough dosage) a bottle will last you 45 days.

This allows you to experiment with a full dose of CLA **for 42 cents per day!**

## ***Weight Loss Supplement #4: Green Tea***

Green tea, as far as non-prescription weight loss supplements go, is the cat's meow. No, not because it's a "10 pounds in 10 days solution" or anything like that, but because green tea offers so many benefits—both to dieters and health conscious individuals—that you can't go wrong supplementing with it.

Some of the benefits?

In addition to being a potent antioxidant, studies show that green tea...

- Elevates the metabolic rate<sup>11</sup>, which helps with weight loss.
- Inhibits the activity of fatty acid synthase<sup>12</sup>, an enzymatic system that is involved in the process of converting carbohydrates to fat. Such inhibition may lead to weight loss.
- Slows the action of the digestive enzyme amylase<sup>13</sup>, which is critical for the successful breakdown of carbohydrates.
- Reduces cardiovascular risks by lowering both LDL (the "bad" cholesterol) and systolic blood pressure<sup>14</sup>.
- May help prevent metabolic syndrome<sup>15</sup>.

If that weren't enough, a review on the beneficial effects of green tea stated...

*"Recent human studies suggest that green tea may contribute to a reduction in the risk of cardiovascular disease and some forms of cancer, as well as to the promotion of oral health and other physiological functions such as anti-hypertensive effect, body weight control, antibacterial and antiviral activity, solar ultraviolet protection, bone mineral*

*density increase, anti-fibrotic properties, and neuroprotective power.”*

At this point, I hope I have convinced you that supplementing with green tea is a “no brainer.”

The question is...

How best to do so?

You have two choices...

1. Buy a high quality, “loose” tea and brew your own (I do not recommend the grocery store brand green tea).
2. Take a properly standardized green tea supplement.

For best results, you’re probably best to go with a combination of #1 and #2.

Here’s why...

Ultimately, taking a good green tea supplement in the form of a tablet or capsule is the easiest, most convenient and cost effective way to get this awesome tea into your diet.

For example, Primaforce’s Lean Green...

[http://www.ultimatefatburner-recommends.com/lean\\_green](http://www.ultimatefatburner-recommends.com/lean_green)

... Will set you back \$10 for a 30 day supply for an out of pocket cost of roughly **33 cents per day**.

However, it’s easy to overdo it with capsules, and this is a concern since a recent study<sup>17</sup> suggests there may be a viable health risk to the over consumption of green tea extracts in the form of potential liver toxicity.

In light of this, it makes sense to go easy on the capsules, and drink a portion of your green tea intake each day (steeped green tea is not as concentrated as a properly standardized green tea extract). There are other reasons why you may want to drink your green tea as opposed to taking a pill twice a day...

- It’s often difficult to determine whether the claims the manufacturer makes on the label are actually being met by the product.
- Depending on the brand and its source, the quality of the tea can vary dramatically—it may even be contaminated with pesticides.

Of course, experimenting with a high quality loose tea is not something you can do for pennies a day. In light of this, we recommend “swapping out” a couple of your daily coffees and recoup-

ing the cost that way.

And remember: you don't need much green tea to brew a cup, and good teas may be infused several times.

As a resource, I recommend you visit my friend Julian Tai at [Amazing Green Tea.com](http://AmazingGreenTea.com). His tea comes from the best sources in China, and is shipped directly from there, quickly and efficiently (I know, I get my tea from Julian).

[http://www.ultimatefatburner-recommends.com/julian\\_tai\\_tea](http://www.ultimatefatburner-recommends.com/julian_tai_tea)

Julian claims to have some of the best tea sources in the world, which means that his green tea is a little pricier than some other loose teas you may encounter. If you would prefer a more budget conscious offering, Mighty Leaf tea sells 1 lbs. of organic Dragon Well green tea for 39.99...

[http://www.ultimatefatburner-recommends.com/Mighty\\_Leaf\\_tea](http://www.ultimatefatburner-recommends.com/Mighty_Leaf_tea)

That's enough for a two month supply, at two cups per day.

That allows you to experiment with green tea **for about 33 cents per cup!**

(Your cost will be lower if you infuse your tea several times; infuse it twice and your cost drops to 16.5 cents per cup!)

## ***Weight Loss Supplement #5: Whey Protein***

Let's get one thing out of the "whey" first and foremost...

Whey protein is not solely for bodybuilders. It will not make you "bulk up" any more than eating chicken breasts and egg whites. It is an excellent supplement for overall health, and yes, you guessed it... it is helpful for dieters as well.

For instance, one study<sup>18</sup> shows that whey protein increases satiety—it keeps you feeling full, for longer.

Another<sup>19</sup> showed that whey protein supplements increase fat loss and spare lean muscle.

And there's plenty of clinical data to support this study's<sup>20</sup> conclusion...

*"...higher protein diets have quite consistently been shown to result in greater weight loss, greater fat loss, and preservation of lean mass as compared with 'lower' protein diets."*

In addition, whey protein supplementation increases the production of glutathione, the body's "master antioxidant". Deficiencies of glutathione have been associated with degenerative diseases like Alzheimer's and Parkinson's disease, various cancers, suppressed immune response, asthma, HIV, chronic fatigue and more.

While whey protein is not something you can experiment with for pennies per day, I've decided to showcase it in this document for those of you who are spending much more than you need to on daily "weight loss" shakes.

RTDs or "ready-to-drink" shakes or prepackaged single serve shakes can run you anywhere from \$1-\$1.50 per serving (for Slim Fast's 3-2-1 Plan shakes), to \$2-\$3 per serving (for EAS' Myoplex) up to over \$3.50 (for the Oh Yeah brand RTD nutritional shake).

That a lot of money that really adds up over the course of the month.

Paying too much for your products is only one part of problem—many of these nutritious shakes are not particularly nutritious. If you need proof, check out the label; a lot of the time you are paying a lot of money for little more than water, sugar and canola oil.

On the other hand, a decent quality whey protein like this one...

<http://www.ultimatefatburner-recommends.com/Elite>

... Can be had for \$40 / 5lbs (don't buy the 2-lbs jug. You will need all 5 pounds for a full 30-day supply).

That will allow you to experiment with 2-single-scoop servings of whey protein daily for the cost of \$0.75 / day, or **37.5 cents per serving**.

I recommend buying a base flavor – chocolate or vanilla. A base flavor allows a LOT of creative flexibility when creating your own shakes. Chocolate protein can be mixed in a base of water, milk, and crushed ice, and then you can start having fun; add blueberries, strawberries, banana, all natural peanut butter, a few drops of peppermint extract – whatever goes with chocolate. You can even add a quarter cup of high fiber cereal! You can do much the same thing with vanilla.

Oh, and if you don't have a blender, take some of the money that you'll save after reading this report, and buy yourself a Magic Bullet...

[http://www.ultimatefatburner-recommends.com/Magic\\_Bullet](http://www.ultimatefatburner-recommends.com/Magic_Bullet)

The bullet is small and portable, and easy to whip out at a moment's notice. Better yet, you can mix your shakes up in the “party mugs” that come with it, screw on the lids, and take them to work with you. I use my bullet daily! Highly recommended!

## *Conspicuous in their Absence?*

Well, there you have it; 5 simple fat burners that you can try without breaking the bank.

But you may be asking...Why did we come to choose these particular 5?

Why, for instance, have we not included any of the supplements currently receiving rave reviews, such as those recommended so highly on the Dr. Oz show? Where are the raspberry ketones, the Garcinia cambogia, the green coffee bean extract, the African mango, the saffron extract and so on?

That's a good question.

The reason why we chose these 5 is because each one has a proven track record as an effective weight loss supplement, is relatively affordable, and has at least a handful of published, peer-reviewed studies to support its effects.

On the other hand, most of the supplements currently being hyped do not have anywhere near the same credentials. In some cases, the existing scientific evidence very clearly shows little or no effect.

Garcinia, for example, has been around for ages. And, despite a recent surge in popularity after being featured on the Dr. Oz show, the scientific data supporting its use as a weight loss agent has not changed—[as our recent review shows](#)—it's under-whelming<sup>21,22</sup>.

And while the supporting evidence for other Oz-recommended supplements may appear stronger at first glance, a closer look at the supporting studies often reveals methodological flaws, conflicts of interests and ambiguous reporting which makes it difficult to accurately assess the value of the supplement in question.

As noted in our new publication, *Dirty, Rotten Tricks: Supplement Company Lies that Cost You Money*, mainstream media publicity—even from highly respected professionals—is no guarantee of effectiveness.

## Summing it All Up...

Well, that wraps up this report. I really hope you've found it helpful, and that it has taken you a step closer to your weight loss goals, while at the same time, keeping more of your hard earned cash exactly where it belongs...

...In your purse or wallet.

If you have found it helpful, please do feel free to forward on to friends, family, and colleagues—anyone who may benefit from the material contained herein!

Having said that, if you do buy supplements regularly, you may want to check out our newest publication entitled, ***Dirty, Rotten Tricks; Supplement Company Lies That Cost You Money!*** It's available online...

<http://www.dirtyrottentricks.com/>

Drawing on our 14+ years in the supplement review business, it details a whole series of downright underhanded and deceptive tactics some supplement manufacturers and retailers use to convince you that their products are backed by science, are incredibly effective, and used by hordes of raving fans—when that is usually far from the case. If you have ever been suckered into overpaying for a product that under-delivered, or you want to ensure you are fully armed with the knowledge you need so this never happens, this publication is for you. Have a look...

<http://www.dirtyrottentricks.com/>

Thank you for your time, and all the best with your fitness and weight loss goals,

A handwritten signature in black ink, consisting of a large, stylized loop followed by a horizontal line that extends to the right and then curves back up to cross the loop.

Paul Crane

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