



How does our body burn fats?

Your body's fat-burning magic comes from your metabolism. Simply put, it's all the various chemical reactions that happen inside your body, 24-7, that keep you alive. It's food being turned into energy and that energy being burned off to keep your hair growing, your heart beating, your liver pumping out bile, your lungs transferring oxygen into your bloodstream.

Think of metabolism as your caloric 401(K) program. It's not going to give you instant gratification, like hitting a slot machine jackpot. It's a long-term strategy, but it's a sure thing: Invest in it and you'll get slow, steady, effective returns that will keep you happy and healthy for years to come.

If the body is able to do this on a regular basis, why is there a need for metabolic stimulators (fat burners) like burn + control coffee or Burn?

Through the natural process of aging, our metabolism slows down, causing a downshift in our ability to burn fats. This can be reversed through proper supplementation, bringing our fat burning levels back up to levels we saw in our younger years.

With so many different fat burners / metabolic stimulators on the market, what make Javita's Burn so special?

To help combat this sluggish metabolism, we have created our new burn product. this product features two exciting blends.

- The first, the fat burning formula relies on the synergy of naturally derived caffeine from green coffee beans and EGCG from green tea to not only increase energy, stamina and your fat-burning potential, it can extend it for hours.
- The second blend, the Appetite-Suppressing Formula uses a trifecta of nutrients to suppress your appetite while promoting weight loss. These nutrients include hydroxycitric acid (HCA) from garcinia cambogia, vitamin D and a patented form of coleus forskolii.

If I'm already drinking burn + control coffee, do I really need to take the Burn capsule?

Burn is not intended to replace your Burn + Control coffee. In addition, to the ritualistic properties of drinking coffee—the taste, flavors and aromas—there are added weight loss (and other health) benefits to the coffee beans and other ingredients featured in your morning cup. We would never dream of asking you to give it up. The truth of the matter is, we've created the new Burn formula with the intent that your Members and Customers would use the two together to maximize their weight loss / healthy weight management efforts. Not to mention, they'll love the synergistic action and the accelerated results they'll likely see when combining the two.

What ingredients are featured in Burn's fat-burning formula and how can they help you lose weight?

- Caffeine (from green coffee beans): Increases energy and metabolic rate to burn more fat and decrease appetite.
- EGCG (from green tea): Significantly decreases fatty tissue deposits, regulates metabolism, increases fat oxidation and improves endurance.
- Capsicum fruit: Capsaicin, a constituent of Capsicum, has been seen to influence certain receptors whose main function is to increase the mobilization of fat in the body around the abdominal area.

What is the significance of pairing caffeine with EGCG?

By combining the caffeine from green coffee beans with EGCG from green tea, you not only increase energy, stamina and your fat-burning potential—you extend their benefits for hours.*

What ingredients are featured in Burn's appetite-suppressing formula and how can they help you lose weight?

- Garcinia Cambogia: Appetite suppressant featured in *Burn + Control*, *Lean + Green* and *ActiveBlendz Control*.
- Coleus Forskohlii: Increases fat burning, suppresses appetite, prevents weight gain, improves body composition, and preserves lean muscle mass.
- Vitamin D: Not just great for your bones, it helps maintain muscle mass and regulate metabolism.

Where does coleus forskohlii come from, and why is it included in the formula?

Coleus forskohlii is derived from a tropical plant related to mint. Several studies have validated the positive effects of forskohlii in enhancing lean body mass, promoting fat loss and improving the overall body composition. Although traditionally forskohlii has been known for its wide range of health benefits, its unique activity as a non-adrenergic stimulator of enzyme adenylate cyclase attracted the attention of researchers to explore its supportive role in managing body weight and promoting lean body mass.

<p>What kind of studies have been conducted on coleus forskohlii, and what kind of findings were observed?</p> <p>Numerous studies have been performed on the patented coleus forskohlii featured in Burn. One study, a double-blind randomized study performed in India (on 60 obese male and female volunteers) reported the following findings:</p> <ul style="list-style-type: none"> • Participants who received <i>coleus forskohlii</i> lost an average of 4.04% of total body weight. Participants who received the placebo gained .29% body fat. • Participants who received the placebo gained .68% body mass. Participants who received <i>coleus forskohlii</i> lost .46% body fat which was replaced by lean body mass. 	<p>What are the other ingredients (Hypromellose, microcrystalline cellulose, magnesium stearate and silicon dioxide) and why have they been included in Cleanse?</p> <ul style="list-style-type: none"> • Hypromellose: Is considered a safe food additive by the FDA when used as a film former and protective colloid (encapsulating agent). • Microcrystalline cellulose: A naturally occurring polymer used as part of the binding process for the Cleanse capsule. • Magnesium stearate: Comprised of a combination of simple salts, it is use as a flow agent to ensure the contents of the capsules don't stick to the equipment or each other. • Silicon dioxide: Derived from plants, it is added to prevent clumping and caking of the raw materials used in the capsules.
<p>What benefits might you expect from the use of Burn?</p> <ul style="list-style-type: none"> • Increases metabolic rate and calorie burning • Improves appetite control and reduces food intake • Targets belly fat • Promotes efficient use of carbohydrates • Supports healthy weight loss and weight management 	<p>How many capsules are in a bottle?</p> <p>Each bottle contains 60 veggie caps.</p>
<p>What coating is used on the capsule?</p> <p>We use a plant-based vegetable coating to encapsulate the materials. Because the coating is plant based (as opposed to gelatin or other synthetic coating capsules, your digestive system doesn't have to work as hard to break it down.</p>	<p>Why is Burn provided in capsule as opposed to a drink?</p> <p>When we prepare a beverage-based formula, we are limited with herb and botanicals that taste pleasant. There are good herbs that could be utilized in a cleansing drink, but there are even better, more robust herbs than we can utilize in capsules.</p>
<p>When should you take Burn?</p> <p>Like burn and control, we recommend that you consume Burn first thing in the morning on an empty stomach to maximize your results. Feel free to take it with your coffee if you like.</p>	<p>How many capsules and how often should you take Burn?</p> <p>We would recommend up to 4 capsules daily. If you're unaccustomed (or sensitive to) caffeine, start slowly and adjust dose as needed. Be sure not to consume Burn capsules after 2 pm as it contains caffeine and may make it difficult to sleep. You can maximize a workout by taking 1-2 capsules prior to exercise.</p>
<p>How much caffeine is in a capsule?</p> <p>There's 200 mg in a daily dose (100 mg per capsule), This is roughly the equivalent of a cup of coffee.</p>	<p>Can Burn be consumed with burn + control coffee?</p> <p>Absolutely, as most people consume more than one cup of coffee (a day), there should be no issues with a capsule (or two) and a serving of burn + control coffee. Dial back the dose or skip a serving if you start to feel jittery or anxious.</p>
<p>What does the following disclaimer mean?</p> <div data-bbox="110 1627 630 1675" style="border: 1px solid black; padding: 2px;"> <p>*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.</p> </div> <p>The US Food and Drug Administration (FDA) requires that EVERY supplement on the market carries this disclaimer.</p>	<p>Why does this product feature the following warning, and what does it mean?</p> <div data-bbox="803 1669 1318 1810" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">For California residents only:</p> <div style="display: flex; align-items: center;">  <p>WARNING: Consuming this product can expose you to lead, which is known to the state of California to cause cancer and birth defects or other reproductive harm. For more information, go to www.P65warnings.ca.gov/food.</p> </div> </div> <p>The threshold for trace metals in food, supplements and other products sold in the state of California is lower than other states. The symbol,</p>

WARNING and accompanying text cause far more alarm than the miniscule metal trace should.

But here's the thing to know. The trace metal wasn't added to the product, it's naturally occurring. Consider the numerous botanicals featured in this blend. Even under the most cautious, deliberate growing environments, there are things you can't control like wind and rain. These elements have infused the trace metals present at the smallest, most insignificant amount in the raw materials. Because of this, in the state of California, the warning is required.