

# BURN BOOST



**Burn Boost is a breakthrough formula that speeds up weight loss, fat loss and increases your energy while curbing cravings and hunger.**



You will be overwhelmed by the abundance of weight reduction vitamins and tablets on the market. Every day, it seems, a new company launches a "very successful" quick fat reduction plan. In fact, however, not all of them are as effective as their marketers claim.

**Burn Boost is a revolutionary formula that enhances weight loss, fat loss, and energy while suppressing appetite and cravings.**



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According to the Burn Boost reviews, the weight reduction solution is effective. Similar to this weight reduction product, there are other others supported by

hundreds of reviews. Therefore, when there was a great deal of buzz about Burn Boost, we were rather cautious.

Because of this, we took matters into our own hands. Our research and editing staff have thoroughly investigated the Burn Boost recipe to unearth any hidden secrets. And we can guarantee that you will be rather surprised by what we discovered!

### What Is Boost Burn?

Before discussing the Burn Boost recipe in detail, we would like to introduce you to the dietary supplement.

According to the manufacturer, the weight reduction supplement Burn Boost consists of plants, herbs, minerals, and vitamins. Together, the substances trigger the body's inherent fat-burning powers.

This product, unlike any other daily weight reduction pill, is suitable for all ages. This comprises individuals with varying physical states and weights. According to the manufacturer, you must be willing to transform your body into a fat-burning machine in order to get the full advantages of the Burn Boost mix.

Burn Boost has several advantages, in contrast to a typical weight reduction product aimed to increase energy levels. Supposedly, it will result in quick weight reduction. The most significant thing to notice here is that the mixture may allegedly cause weight loss without much effort.

The company claims that uncomplicated weight loss is possible without exercise or dietary modification. That is a strong assertion! It even sounds a lot like a typical dietary product that promises rapid weight loss but ultimately causes an increase in body weight.

However, we will not end before explaining the weight loss formula in detail. Nonetheless, the manufacturer claims that taking Burn Boost everyday would transform your body into a natural fat-burning powerhouse. In other words, your body will burn a greater number of calories than normal.

According to the official Burn Boost website, it is possible to burn an additional 6,000 calories every month. And this increased caloric expenditure will make it feasible to lose up to 21.7 pounds or more in one month. Due to these claims, the fat-burning pill has garnered considerable interest.

## How does Burn Boost function?

The concern of how Burn Boost functions is really common among customers who discover this healthy weight reduction medication. This is reasonable given the introduction of a new dietary supplement that promises considerable weight reduction in a few of months.

To address this question, Burn Boost has provided a general notion of the formula's potential weight reduction advantages. Each scoop of Fat Burn Boost contains the Amazon weight loss formula's elements to help people lose weight more quickly; consumers also experience increased energy, hydration, and cognitive enhancements. The mix is based on a "Ritual of the Amazon."

After conversing with his wife's grandmother and researching a certain Amazonian town, the producer of the unique Amazonian recipe Burn Boost came discovered these substances. The inhabitants of this community maintained a healthy weight without adhering to a rigid diet.

The people used glutamine, guarana, green coffee beans, and other distinct substances. The locals also brewed a

special tea with the ability to reduce extra body fat. According to several reports, the tea is 10 times more effective than green tea.

This tea has been handed down for centuries. Because of this, individuals seemed skinny and lacked abdominal fat, while without being required to engage in any specific weight-loss-promoting activity.

Nevertheless, the creators of Burn Boost found their way to the hamlet and persuaded one of the locals to give up their weight loss-promoting concoction.

After combining all of the components, they transformed them into a powder that was simple to eat. Thus, the Burn Boost formula was created.

## Burn Boost Ingredients

As previously said, there are several weight loss products on the market that promise to cause weight reduction within weeks. However, the substances distinguish the effective ones from the others. Not every component has fat-burning effects. By consuming the suggested daily amount of one scoop, consumers will be imbibing the Burn Boost formula's superhero combination.

Bun Boost boasts it contains:

2600mg cognitive mixture

2905mg recovery mixture

2510mg energy mixture

800mg hydration mix

vitamin B6 and vitamin B12

Niacin

Burn Boost discovered a mix of herbal extracts and other natural chemicals that will cause the body to burn more calories with no additional effort, whilst competing products pack their formulas with fillers to boost the amount per scoop. And here is a concise explanation of each:

Guarana

Guarana is one of the most popular plants found in abundance in the Amazonian rainforests. And it is one of the locals' go-to solutions for boosting their energy levels. There are also several energy drinks, teas, and superfood beverages available.

However, the maker of Burn Boost included guarana to boost the catechin content of the formula. This antioxidant has a strong association with fat reduction. Green tea also contains this antioxidant, which promotes weight reduction.

However, the developer of Burn Boost claims that Guarana has more catechins than green tea. In contrast, the amounts of catechins are 10 times more. In addition, this substance may help the body burn more calories than normal.

### Extraction from Green Coffee Beans

Green coffee bean extract is featured in the majority of weight reduction products on the market. It is so well-liked for a reason! This substance, like guarana and green tea, has the capacity to promote rapid weight loss. It contains several antioxidants, including chlorogenic acid.

However, roasted ground green coffee does not contain a considerable quantity of this antioxidant. Green coffee beans lose most of their antioxidants during roasting. This is the reason why Burn Boost uses green coffee bean extract. It contains almost all of the chlorogenic acid that element has.



The maker of Burn Boost may thus guarantee that weight loss will be effortless if only one scoop of Burn Boost is used everyday.

The image shows the packaging for Gold Vida Burn Boost, an extra strength formula dietary supplement. The packaging is primarily yellow and orange, with the brand name 'GOLD VIDA' at the top left. The product name 'BURN BOOST' is prominently displayed in large, bold, yellow and orange letters. Below it, the tagline reads 'YOUR BODY, YOUR METABOLISM, YOUR BEST LIFE!'. The packaging also features four key benefits: 'FAT BURNING', 'HYDRATION', 'COGNITION', and 'ENERGY', each accompanied by a small icon. At the bottom left, it states 'EXTRA STRENGTH FORMULA' and 'NET WT. 8.50 OZ. (241G)'. At the bottom right, it says 'DIETARY SUPPLEMENT'. To the right of the packaging is a 'Supplement Facts' table.

Supplement Facts		
Serving Size: 1 Scoop (8.02 g) Servings Per Container: 30		
Amount Per Serving		%DV
Niacin (as niacinamide)	8 mg NE	50%
Vitamin B6 (as pyridoxine 5' phosphate)	5 mg	300%
Vitamin B12 (as methylcobalamin)	30 mcg	1250%
Chloride (as sodium chloride and potassium chloride)	184 mg	8%
Sodium (as sodium chloride)	116 mg	6%
<b>Recovery Component</b>	2,905 mg	**
L-Glutamine, L-Valine, L-Isoleucine, L-Leucine, Coenzyme Q10		
<b>Cognitive Blend</b>	2,600 mg	**
Ginkgo biloba Powder (leaf), Alpha GPC (Alpha glycerylphosphorylcholine) Powder, L-Theanine, Huperzine A 1% (Huperzia serrata)(whole herb)		
<b>Energy Blend</b>	2,510 mg	**
L-Taurine, Panax ginseng Powder (root), Natural Caffeine (from coffee)(fruit), Guarana Powder (seeds)		
<b>Hydration Blend</b>	800 mg	**
Coconut Water Powder, Pink Himalayan Sea Salt		

\*\* Daily Value (DV) not established.

Other Ingredients: Alulose, Malodestin, Natural Flavors, Citric Acid, Malic Acid, Stevia Extract

Distributed By: Gold Vida, 233 Yulepsa Way, London, ON, N6C2D9, <http://goldvida.com>

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## Glutamine

The amino acid glutamine is a common component of weight reduction supplements. It is a naturally occurring substance present throughout the body. This amino acid is found in the tendons, ligaments, organs, bones, and muscles.

To highlight the action of this amino acid, the creators of Burn Boost quote a research in which glutamine was administered to participants. The group who received the genuine article dropped weight in only four weeks. And they dropped weight without engaging in physical activity or adhering to a tight diet.

Aside from this, glutamine is well recognized as a recovery component. It is found in the majority of post-workout supplements. And many individuals who engage in severe exercise to eliminate heart-clogging fat and enhance muscle mass will depend on these supplements.

The powdered form of coconut water

If you have been to any Asian nations, you may have seen the popularity of coconut water. It is the beverage of choice for many. Coconut water is somewhat well-known, however coconut water powder is not.

However, coconut water contains a substantial amount of sugar. Sugar, meanwhile, has the reverse effect on weight reduction. It causes your weight to grow. Herein lies the significance of the powdered form of the substance. It will allow you to experience the health advantages without sugar.

In addition, the Burn Boost mix includes coconut water powder to increase the metabolic rate. You will experience improved metabolic function and burn fat even while at rest.

In addition to enhancing and rejuvenating the body's metabolism, this component serves as a hydration mix inside the formulation. The hydration mix combines all of coconut water's vitamins, minerals, and electrolytes and keeps you hydrated throughout the day.

Burn Boost is suitable for vegans and is free of GMOs, gluten, soy, and dairy.

### Increased Burn and Lipolysis Switch

If you have seen an advertisement for Burn Boost, you may have seen that it claims to turn on the lipolysis switch. This is a fancy term for "fat-burning," in case you were wondering. According to research, lipolysis switch specifically targets the metabolic process that causes triacylglycerols (TAGs) to break down through hydrolysis into their component molecules: glycerol and free fatty acids (FFAs). The body stores fat via adipose

TAGs, which are employed for heat, energy, and insulation.

Burn Boost's formula is said to trigger the body's lipolysis switch and initiate the fat-burning process. The calories you've burned will naturally go, and your energy levels will be at their peak. When the switch is activated, weight loss is accelerated.

The switch is activated by natural caffeine, glutamine, guarana, and other natural substances! In addition to being able to activate the switch, Burn Boost claims that its weight reduction product may burn belly fat without the need for exercise or dietary restrictions. Multiple research support the assertion.

## How Much Weight Can Be Lost With Burn Boost?

The Fat Burn Boost works on several levels to promote weight loss. It will first concentrate on improving metabolic function and metabolic rate. The body will thereafter be transformed into a fat-burning machine. Its energy combination also provides an energy boost. Due to this, Burn Boost is able to make several claims, which they are doing.

According to the official website for Fat Burn Boost, frequent use of Burn Boost may lead to a significant reduction in body fat. And according to the maker of Burn Boost, you will not need to exercise or follow a diet plan if you take Burn Boost on a regular basis.

According to tests done by the Burn Boost team, participants shed between three and eleven pounds of weight in only four days. The clinical studies also evaluated the quantity of fat reduction, which was rather impressive.

When the group analyzed took Fat Burn Boost for a longer duration, the weight reduction ranged from 22 to 56 pounds. A group participating in the research experiment shed a total of 4,732 pounds without following a diet or exercising.

The Burn Boost team is quite convinced that once you begin to see results, the price of Burn Boost will not seem to be all that expensive. It is unlike any other product that promises to aid weight loss but ultimately causes weight gain.

In addition, as the whole mixture has been thoroughly researched and includes only natural substances, you will

not experience any significant side effects. The group also asserts that your certified healthcare professional will concur with their assertions.

## What Does Research Say About Burn Boost?

The majority of companies of weight reduction supplements will not make the effort to put their recipe through scientific studies. However, Fat Burn Boost's maker is not among them. A real clinical study has been undertaken with a limited number of participants. In addition, a preview of the trial has been released on their website.

The primary objective of the study was for the group to shed a significant amount of abdominal fat. They obtained this advantage by using Burn Boost into their everyday regimen. Nonetheless, the following are the most salient aspects of the clinical trial:

Participants dropped between 3 and 11 pounds in just four days.

Some dropped more weight than they gained during the last decade.

Several people have shed more than 22 pounds of weight. Some individuals dropped up to 56 pounds.

Many could lower their proportion of body fat in half. Some individuals saw increased energy owing to the energy mix in Burn Boost.

Most appreciated a slimmer waistline

The cognitive mix facilitated an improvement in cognitive performance for certain individuals.

The maker of Fat Burn Boost has completed tests to confirm the product's safety and performance. And this test comprised over 1,250 male and female participants. Everyone lost weight at an accelerated rate. To determine if Fat Burn Boost is effective, you must examine further research.

## Guarana

There are not many large-scale research on guarana that provide precise findings. However, the studies that provide information on the substance reveal how much it may aid in weight loss. Consider this 2011 research as an example.

Researchers have discovered that a combination of guarana and ma huang might result in rapid weight loss. Notably, the test included 72mg of ephedrine and 240mg

of caffeine. Both of these components are well-known for their weight loss properties.

According to another research, guarana may reduce the rate of fat cell creation. In conjunction with a cognitive mix, it may also provide several health and wellbeing advantages.

## Extraction from Green Coffee Beans

Burn Boost includes a significant quantity of green coffee bean extract. The component has been on the radar of scientists for a considerable length of time. There is information on several trials that used this aspect. Nevertheless, we must examine this 2011 research.

There, experts evaluated the many studies that had previously been conducted on green coffee beans. After doing a meta-analysis and systematic evaluation of these randomized studies, the researchers came to the conclusion that the element might cause weight loss.

Moreover, green coffee beans contain caffeine naturally. And caffeine does wonders for raising the metabolic rate and enhancing the metabolic function of the body. It will



assist maintain the body's temperature at the optimal level so that it continues to burn calories even while at rest.

The powdered form of coconut water

As you are aware, Burn Boost comprises coconut water in powdered form. Multiple studies have previously proved its effectiveness in aiding weight loss. However, several of the experiments examined the element in more depth.

When coconut water powder is combined with pink Himalayan sea salt, it functions as a moisturizing agent, according to the researchers. As a consequence, your body will experience a significant increase in energy and will be able to remain very active throughout the day.

Even though Burn Boost lacks pink Himalayan sea salt, it contains a substantial quantity of coconut water powder. Therefore, you will get the most of the ingredient's advantages.

Protein Powders

In addition to the substances listed above, Burn Boost includes several vitamins, minerals, and superfood

powders. However, Burn Boost did not provide the identities of the same ingredients.

Given the quantity of the dosage, it is reasonable to assume that it does include a significant amount of vitamins and minerals. A typical diet pill would typically include 600 mg of active components. Burn Boost contains more than 8 grams of active chemicals. That is quite a lot!

### Obtain Gold Vida Fat Burn Boost

On the official website, consumers who are eager to reduce weight may acquire the Burn Boost mix. The organization provides a 60-day money-back guarantee, three complimentary incentives, and a variety of price options:

One Bottle \$59 plus shipping charges

Three Bottles for \$49.00 Each Plus Shipping

Six Bottles for \$39.00 Each Plus Shipping

### Extras Included with Gold Vida's Fat Burn Boost

The brand sometimes conducts promotional campaigns. In addition, they often provide a handful of benefits with

the Fat Burn Boost. Depending on when you take Burn Boost, you might get the following with the supplement:

### 14-Day Rapid Weight Loss Plan

With the Burn Boost, you may get this eBook that describes how to lose weight in only fourteen days. And the approaches discussed in the book involve little adjustments to workout routines and diets.

Even while Burn Boost works without changing your lifestyle or habits, you may increase the supplement's effectiveness by using the recommendations outlined in this eBook.

### 2-Day Abdominal Fat Burner

The 2-Day Belly Fat Blaster is an uncommon product. However, two days will not be sufficient to eliminate the belly entirely. You will be lowering the sum by a little amount.

However, by taking Burn Boost powder everyday and following the 2-Day Belly Fat Blaster's recommendations, you may dramatically increase the supplement's efficacy.

## Weight Loss Desserts Cookbook

Wouldn't it be fantastic if you could simultaneously burn fat and enjoy sweets? By following the fat-burning dessert recipes presented in the Fat Burning Desserts Cookbook, you will be able to achieve just that! In addition, it does include the Burn Boost.

The Fat Burning Desserts Cookbook has a variety of creative, straightforward recipes. Even unique ingredients are not required to cook any of the recipes it presents. Again, you may increase the effectiveness of Burn Boost by following and consuming the recipes in this eBook.

### Reach out to Fat Burn Boost

Customers may contact Gold Vida by sending an email to customer service at the following address:

[support@goldvida.com](mailto:support@goldvida.com)

### Conclusion

Burn Boost may be an easy technique to burn fat stores for weight reduction. There are still a few individuals who are dissatisfied with the supplement's efficacy,

despite the fact that the vast majority of users have reported really excellent outcomes.

Burn Boost is really unlike any other dietary supplement you've ever seen on the market due to its distinctive, all-natural composition. Ingredients such as coconut water powder and guarana provide an excellent immune system boost while stimulating the body's processes that aid in weight loss.

If you want to determine if Burn Boost will work for you, now may be the perfect time to make a purchase.

1 BOTTLE	3 BOTTLES	6 BOTTLES
30 DAY SUPPLY	90 DAY SUPPLY	180 DAY SUPPLY
		
YOUR PRICE: <b>\$59</b> PER BOTTLE	YOUR PRICE: <b>\$49</b> PER BOTTLE YOU SAVE \$150	YOUR PRICE: <b>\$39</b> PER BOTTLE YOU SAVE \$360
<b>ADD TO CART!</b> 	<b>ADD TO CART!</b> 	<b>ADD TO CART!</b> 
<del>\$99</del> <b>\$59</b> + Shipping	<del>\$297</del> <b>\$147</b> + Shipping	<del>\$594</del> <b>\$234</b> + Shipping