

COFFEE COACH®

(slimming coffee)

YOUR COFFEE-COACH® YOUR SLIMMING COACH!

HIGHLIGHTS AND BENEFITS

- Slows down the storage of fat
- Increase energy consumption to help your body keep shape and vitality
- Controls appetite
- Avoids weight management side effects such as loss in muscle mass, apathy and fatigue
- Effective on both men and women
- Extra source of energy
- Promotes thermogenesis
- Officially allowed by the MOH (EC) – PL 1363/8
- Backed up by a double blind clinical trial on 90 volunteers

DESCRIPTION

COFFEE-COACH® sport & fitness is a 21st century tasty instant coffee, engineered to combine the beneficial effect of your normal coffee break with your weight control. In combination with a fully balanced calorie controlled diet and exercise, the effect of your COFFEE-COACH® break will be fully optimized. COFFEE-COACH® contains Guarana and Bitter Orange as active ingredients and acts according to the principles of thermogenesis.

Guarana (Paullinia Cupana)

Guarana is a herb that grows within the Amazon rainforest. Guarana contains guaranine that is virtually identical to caffeine, has been known for centuries due to its "fat burning" properties and used to help reduce hunger. Guarana has recently gained recognition for its "stimulating" effects. It produces a temporary energy burst which may be beneficial prior to a workout.

Guarana is known to be a safe effective central nervous stimulant, a weight loss aid and thermogenic aid. Recent studies showed that guarana increase the release of fatty acids within our blood to be activated as energy. Energy which in turn can be used by our body as a fuel. Guarana like caffeine works by stimulating the adrenal glands to release adrenaline. Adrenaline is a powerful stimulant which produces metabolic effects including increased heart rate, blood pressure, respiration, adrenal activity and mental alertness. Adrenaline also enhance fat loss, energy, endurance and assists to provide mental clarity.

An additional benefit of guarana it contains tannin, that may help to sooth the digestive system and it prevents diarrhea.

Guarana have dehydrating effects so increasing water intake is important when its being consumed.

Bitter Orange Extract (Citrus Aurantium)

Bitter Orange Extract is a traditional herb that has been used for thousands of years to improve and maintain our overall health.

Synephrine is derived primarily from Bitter Orange fruit. Synephrine demonstrates powerful fat burning thermogenic activity. Synephrine increases your body's metabolic rate and has the ability to burn calories without producing negative

side effects to your nervous and cardiovascular systems. Synephrine gives you a smooth flow of energy without giving you jitters because it stimulates 3 adrenergic receptors that help to break down fat.

So, each cup of COFFEE-COACH® sport & fitness has the property:

- to let you enjoy slimming the time of a coffee break
- to stimulate fat burning in an efficient way
- to stimulate the body to expend more calories
- to boost your energy.

The coffee blend used for COFFEE-COACH® contains one of the finest Italian blends of instant coffee and so perfectly can replace your normal daily cup of coffee.

THE CLINICAL TRIAL

(3 months – Coffee-Coach® versus controlled versus No Diet)

3 Months Diet Controlled Study

In a double blind clinical trial on 90 man and women with the product it was demonstrated that the product clearly achieved an additional effect on slimming above normal diet. The gain in weight loss also was completely contributed to a loss in fat mass and not in lean muscle mass.

Experimental Design

The test was carried out, after the "informed agreement" signature, on a group of male and female volunteers aged 18-60 years of age. Each of them was informed

that they would receive a natural preparation as an adjuvant, along with a personalized diet. All subjects taking part in the test were overweight, not exceeding 25% of their individual ideal weight; they presented no pathology and had taken no drug for at least six months prior to the study: the women had not taken estrogens for the same time. None of the subjects used to practice sports regularly. All were given a computerized diet of 1350 kJ, of which 25% was proteins, 52% carbohydrates and 23% lipids. Computerized processing was chosen in order to satisfy everybody's preferences without altering the unity of the dietetics structure. With the aid of a random number table, three groups of 30 subjects each were formed:

• GROUP A:

Coffee-Coach® and Diet. Two subgroups were considered in the group: A1 consisting of ten subjects who were regular coffee drinkers (over 3 cups a day) and A2, no coffee drinkers (they did not use any material containing caffeine during the test).

• GROUP B: Diet Only.

• GROUP C: Coffee-Coach® and No Diet.

All subjects were informed they were not supposed to change their way of life for any reason or to begin treatments that might influence their weights in any way, such as body treatments, saunas and so on.

PARAMETER	WEIGHT	WAIST	THIGH	FAT %
ONLY DIET	-8,5 kg	-11,6 cm	-8,5 cm	-5,7 %
COFFEE-COACH® + DIET	-17,0 kg	-19,1 cm	-14,3 cm	-11,7 %
COFFEE-COACH® + NO DIET (no change in your eating pattern)	-4,5 kg	-6,7 cm	-4,5 cm	-4,2 %

THE COMPOSITION

Nutritional Facts

Serving per package: 60

Serving size: 2.6 g per 150 ml cup

Recommended Daily dose not to exceed 3 cups

	NUTRITIONAL VALUES	
	Average Quantity Per cup (2,6 g)	Average Quantity Per 100 g
Energy	8,10 kcal	310,5 kcal
Proteins	0,6 g	23,2 g
Fat, total	0,0 g	0,5 g
- saturated	0,0 g	0,0 g
Carbohydrates	1,38 g	52,9 g
- sugars	0,1 g	4,8 g
Sodium	0,1 g	4,0 g
Caffeine	0,112 g	4,3 g
Guarana extract (Paullinia cupana)	0,4 g	15,4 g
Bitter orange extract (Citrus aurantium)	0,09 g	3,5 g

THE PRESENTATION

COFFEE-COACH® is presented in a classy design jar of 150 gram , good for 60 cups of coffee



THE SUGGESTIONS FOR USE

Take 1 scoop and mix it with a coffee cup of hot water. Drink 3 cups of coffee per day for an optimal result.

COFFEE-COACH®



MY COFFEE BREAK... MY SLIMMING BREAK

Coffee-Coach® is a nutritional supplement that acts as your personal slimming coach.

It is the most amazing blend of first class Italian instant coffees with **natural thermogenic ingredients**, which:

- Controls appetite
- Metabolises fat
- Is an extra source of energy
- Promotes thermogenesis
- Drains toxins
- Eliminates water

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