

# Green Coffee Bean Extract Weight Loss Benefits Revealed By Nutrition Website

Logan Serpa December 05, 2012



Green Coffee Bean Extract

A recently published article on DietRecommendations.com refers to green coffee bean extract as the latest breakthrough in weight loss. According to this article, the success of this amazing weight loss product in the nutrition market is just an example of the incredible fat loss potential that it has.

Extracts from green coffee bean can revolutionize the health and fitness market in the days to come. According to a recently published article in Dietrecommendations.com, the success of the popular weight loss program can be attributed completely to the fat loss benefits of this latest breakthrough in weight loss fraternity.

Dietrecommendations.com is a website that regularly publishes advice on health supplements, nutrition, and exercise. The [green coffee bean extract](#) reviews in this website informs that this supplement with an exercise and diet program perfectly utilizes the fat burning power of green coffee beans to produce quick results.

Green coffee beans are regular beans before they are roasted. Dietrecommendations.com informs that they are roasted at 475 degrees Fahrenheit, resulting in its dark brown color. Chlorogenic Acid is the magic ingredient present in them that is responsible for its fat burning and anti-oxidant properties. However, according to Dietrecommendations.com, 90% of these health benefits are lost when they are roasted. The article also informs that out of many of these supplements available in the market but, Green Coffee Bean Max is recommendable because it is effective, safe, and does not contain any artificial additives.

In a recent study conducted by American Chemical Society, it has been observed that [green coffee bean extract](#) can cause an average weight loss of 17.5 pounds over a period of 22 weeks. Dietrecommendations.com also informs that each buyer of this product receives free access to an online fitness program. On select packages, they may also receive a free bottle of potent 800mg capsules.

Anyone wishing to try it may do so here <http://greencoffeebeanextractmax.com>

The website also offers testimonials from different members of this program. Sara, one of the many highly satisfied members of the product, strongly recommends the diet plan saying, "In just 30 days I lost weight and feel great. I am no longer embarrassed to wear a bikini, and my skin feels beautiful. Thank you so much for changing my life with this wonderful product".