

Scientific Background Behind Efficiency of Green Coffee Bean as a Fat Loss Alternative

Logan Serpa December 06, 2012



Green Coffee Beans

This new article discusses the unique fat burning potential of green coffee bean extract and the rapid rise of success as a fat burning supplement.

Green coffee bean is presently being considered by many experts to be the next big thing in the weight loss market. Fitness enthusiasts around the world want to know what makes it so powerful comparing to others. ProgradeSupplementReviews.com, a noted health website, has just come up with an informative article explaining the secret's behind the extraordinary efficiency of green coffee in burning fat. The same article also informs that this supplement along with a specialized diet has worked amazingly for many users. This popular website is known amongst the fitness freaks for their regular advice and updates

on exercise, nutrition, and health supplements.

Clinical Studies For Fat Loss

ProgradeSupplementReviews.com informs that a number of clinical studies have already proved the power of [pure green coffee bean extract](#). One such study conducted by the American Chemical Society showed 10.5 % loss in body weight within 22 weeks. According to this article, green coffee is an excellent source of Chlorogenic Acid. This is an anti-oxidant with amazing fat burning capability. However, almost 90% of Chlorogenic Acid present in them is lost when they are roasted. In their [green coffee bean extract](#) reviews, Dietrecommendations.com strongly recommends this weight loss supplement over other similar products because it is 100% natural and does not contain any harmful additives.

800 MG of Green Coffee Bean Extract Packs a Powerful Punch

According to the manufacturer, each of these capsules contains 800 mg of pure extract. Regular use of this program increases fat oxidation within the human body. ProgradeSupplementReviews.com has also mentioned that many members of this program have already been able to lose fat within a very short amount of time.

Free bottles of Green Coffee Bean Extract Max are offered on select packages here:

<http://greencoffeebeanextractmax.com/>

About ProgradeSupplementReviews.com: ProgradeSupplementReviews.com is a closely followed health and fitness website offering regular advice on nutrition, health supplements, and workouts.