

# Green Coffee Bean Extract Reviews Help Consumers Make Informed Buying Decisions

Paul Bogle June 24, 2013



Green Coffee Bean Extract Reviews

**Green coffee bean extract has gained a great deal of attention in the past few months, but what are the actual facts of the matter? Read these green coffee bean extract reviews compiled from some of the leading health experts out there today to make an informed decision**

(Newswire.net -- June 24, 2013) Atlanta, GA -- One of the newest research studies was a 22-week study that supplemented unroasted or green coffee beans in men and women's diets. When compared to the control group which took a placebo, they lost an average of 17 pounds. One of the significant findings of this study is that the individuals in the study did not change their diet and were physically active, but did not enter any structured diet or exercise plan.

In this study, researchers found that participants lost the most amount of weight while taking a larger dose of the green coffee bean extract. One of the believed methods that green coffee bean extract helps people to lose weight is through the chlorogenic acid in the beans. This is a plant compound which helps to prevent some glucose absorption. Unfortunately, when the beans are roasted, the heating process breaks down the chlorogenic acid, meaning that only [green coffee bean extract has weight loss potential](#).

In this study as well as similar studies, there were no side effects by taking this supplement. It's best when taken with water before a meal, since the ingredients interact with food to help aid in weight loss. Although many of the dietary supplements available today are not safe or effective, green coffee bean extract appears to be a weight loss aid. It contains some caffeine, although not a dangerous amount and is safe for people of all ages to take. Promoting weight loss with this supplement is effective as confirmed by multiple research studies and health professionals.

One such provider of the [green coffee bean extract supplement](#) is Femyka Health Foods. Brian Laguna, a representative for the company said, "These green coffee bean extract reviews give hope to the general public that safe and effective weight loss is possible."

Although diet and exercise are important for a healthy lifestyle, taking the extract on a daily basis can help to boost weight loss. By avoiding dieting plateaus and helping people to drop extra pounds much more rapidly, this is great news for the health community who has been searching for a safe and effective supplement for years. In the coming months, expect to see greater publicity of green coffee bean extract and more people turning to this revolutionary discovery backed by research.

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