

How Does the Green Coffee Bean Extract Work?

Paul Bogle July 03, 2013



How Does the Green Coffee Bean Extract Work?

What makes green coffee bean extract so effective? Femyka Health Foods, has published an article that attempts to decipher the confusion surrounding the "miracle" pill.

(Newswire.net -- July 3, 2013) Atlanta, GA -- With all the confusion surrounding green coffee bean extract, a leading provider of the supplement, Femyka Health Foods, has published an article that attempts to decipher the confusion surrounding the "miracle" pill.

When asked what prompted the blog post, Brian Laguna, a spokesperson for Femyka Health Foods had this to say, "Over the last few months, we've received a number of emails from consumers wanting to know more about how exactly green coffee bean extract can aid in weight loss. Instead of continuing to respond to these inquiries on a one-on-one basis, we felt the general public would be best served by our putting something out for everyone that addressed the question".

The article published on femyka.com explains the difference between regular coffee beans and [green coffee beans](#) and what makes the green version of coffee beans so important.

The article continues by detailing the essential ingredient of green coffee extract (chlorogenic acid) and the best procedure to follow to maximize weight loss success.

Green Coffee Bean Extract first gained wide spread awareness after an episode of the Dr. Oz show which featured the green coffee bean supplement along with neuropath and certified nutritionist, Dr. Lindsey Duncan. Both of these experts have endorsed green coffee beans has an effective weight loss method.

Several double-blind studies have also been conducted with consistent outcomes: participants ended up [losing between 1 to 2 pounds of body fat per week](#) without any modification to his or her eating habits and no additional exercise.

Regarding diet and exercise, Brian Laguna said, "Even though very positive results have been achieved without the added influence of diet and exercise, it is highly recommended that users of our green coffee supplement also engage in moderate exercise and sensible eating habits. These modifications should first be cleared with their medical professional first."

About Femkya Health Foods

Femkya Health Foods is an Atlanta, GA based company that started operations in the in 2013 and is quickly becoming the premier source for quality supplements. The manufacturing process of the company uses the highest quality ingredients derived from farmers employing sustainable growing methods.

Contact Information

Contact Person: Brian Laguna

Website: <http://femyka.com/>

Email: media@femyka.com