

African Mango Plus Can Increase The Metabolism, Leptin And Regulate BMI

Vanessa Pearson August 26, 2013



African Mango Plus Increases Leptin Levels

The body mass index (BMI) is a determining factor of obesity. It makes use of the body's mass and weight to compute the BMI. There is a range for low, normal, and high BMI. Having a healthy body means having a normal and healthy BMI.

(Newswire.net -- August 26, 2013) New York, NY -- African Mango Plus claims to help people achieve normal body mass index by regulating the metabolism, triggering weight loss, lowering fatigue,

boosting fat oxidation, and increasing energy. It utilizes the famous African mango seed extract as one of its main ingredients.

African mango, or *Irvingia Gabonensis* which it is scientifically known as, has been tested and proven to promote weight loss by increasing the body's Leptin levels.

Leptin is a protein hormone that is responsible for regulating energy intake and usage and serves as the receptor in the hypothalamus region of the brain. This includes the appetite and metabolism.

African Mango Plus claims to increase Leptin levels, helping you feel less hungry in between meals and more satisfied with smaller food portions. It counteracts the effects of feeding stimulants like the neuropeptide and anadamide.

It also encourages the production of melanocyte-stimulating hormones which is commonly referred to as α -MSH. This is a hormone that affects the brain's response to appetite. α -MSH is found to be an appetite suppressant.

The weight loss claims of African Mango extract, which is the main ingredient of the African Mango Plus weight loss supplement, are not actually unfounded.

There have been studies conducted that have proven these claims to be true. Doctors have already announced that pure [African mango diet supplements](#) are a safe and effective way to trigger substantial weight loss, if taken correctly and in conjunction with a sensible diet and exercise routine.

You can even ask Dr. Mehmet Oz, the host of the famous "The Dr. Oz Show". Dr Oz mentioned that pure African mango supplements taken in the correct dosage of 150mg 2 x a day can be a safe and natural weight loss treatment.

A health study, mentioned in the journal of "[Lipids In Health and Disease](#)" was conducted at the University of Cameroon in Africa where a group of overweight people took African mango extract and another group a placebo. Noteworthy weight loss improvements in body weight, fat loss, and waist circumference were observed by the group that took the pure African mango extract.

African Mango Plus contains other ingredients aside from *Irvingia* extract, that assist in weight loss. These include green tea leaf extract, which has a high level of bioflavonoid and is a source of ECGC, (a potent antioxidant), plus caffeine which helps increase metabolism.

Lastly, it contains L-Theanine, a glutamic acid that is considered a natural support for weight loss which helps improve your mood and decrease stress whilst dieting.

Beware of African Mango scam websites and free trial offers. Be sure to choose a reputable supplier if you are looking to [buy african mango plus](#) online. Some suppliers sell inferior supplements that do not contain the correct *Irvingia* extract dosages to trigger weight loss.

Being backed by clinical studies and with the positive reviews found all over the Internet, African Mango Plus's claims to help achieve normal body mass index may not be a far cry from reality after all.