Raspberry Ketone Fact Sheet

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How does raspberry ketone work?

The laboratory name for raspberry ketone is 4-(4-Hydroxyphenyl)-Butan-2-one. Rather long. :) Red Raspberries have been found to contain strong antioxidants such as:

Vitamin C - Known to be one of the safest and most effective nutrients available. Vitamin C also helps protect from immune system deficiencies, cardiovascular disease, pre-natal health issues and also skin aging.

Quercetin and gallic acid are known to fight cancer, heart and circulatory disease and age-related decline. Quercetin and gallic acid are high in ellagic acid, a known chemopreventative, and have been shown to have anti-inflammatory properties.

Red raspberry seed oil is also gaining interest because it is rich in Vitamin E, omega-3 fatty acid and has a sun protection factor (SPF) of 24-50.

Raspberry ketone supplements work mainly by the generation of adiponectin which is known to effectively maintain optimim metabolic levels that help to minimize fat absorption in the body. though, most raspberry supplements also contain other ingredients like african mango and extracts of resveretrol - both of which have weight loss benefits and are also strong antioxidants.

Raspberry ketones also work by regulating the bodyâ€™s release of norepinephrine, which causes an increase in body metabolism that results in weight loss.

Are raspberry ketone extracts safe?

Yes, the FDA has labeled raspberry ketone as safe to use. Ketones are known to increase body metabolism which may also lead to a slight increase in body temperature, so if you are diabetic, you should ask your doctor before having supplements.

This ground rule actually applies to any supplements that you may want to try.

How much weight could I lose with raspberry ketone?

Though, any supplements are not a replacement for a healthy diet and exercise, when used in conjunction with a healthy diet and regular light exercise, they have been found to be helpful in losing weight.

Lab tests on mice and humans have confirmed that raspberry ketones help burn stored fat, and are safe to use. The recommended dosage is 100 - 200 mg with breakfast and lunch daily.

Not only weight loss, raspberry supplements are high in antioxidants that are good for health.

Whether or not you should try any weight loss supplements largely depends on your current health condition. If you are obese or very over weight, supplements could help get your weight down. Losing weight on it's own has several health benefits leading to a longer, happier existence.

Where can I buy Raspberry supplements?

While there are many companies selling supplements, it's a good idea to buy from a company that has a good track record. Raspberry extracts are very expensive. Only about 1 - 4 mg of pure raspberry ketone extract can be got from a kilogram of fresh raspberries.

Since availability is very low, these extracts are also created by a method called crossed aldol-catalytic hydrogenation. This process produces upto 99% pure raspberry ketone.

Evolution Slimming is one of the most reputed companies currently selling Raspbery Ketone Supplements.

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