



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE COMPLETE GUIDE TO SYNEPHRINE SUPPLEMENTATION



If you've spent any time in the fitness space, you've heard more weight loss pitches than a TV-loving insomniac.

And if you're like most people, you've probably gone in for a few. "Who knows?" you've thought. "Maybe it actually works?"

Well, it's okay. We've all been there. And now we're skeptical of anything that claims to help us lose weight faster.

That's good. We should be.

(We should be equally skeptical of any supplement that claims to help with muscle building, too.)

That brings us to this article and to the supplement synephrine.

It's commonly found in pre-workout supplements because it's a light stimulant and in fat burner supplements because it purportedly accelerates weight loss.

How beneficial is it really, though, and what kind of results can you really expect? And what about dosages and side effects?

Let's tackle all those questions and more and find out if synephrine is worth your money and attention.

WHAT IS SYNEPHRINE?

Synephrine is a naturally occurring substance known as an alkaloid that's found in plants. It's particularly abundant in the bitter orange fruit, which is why it's often referred to by that name.

It's chemically similar to the ephedrine and pseudoephedrine found in many over-the-counter cold/allergy medications and weight loss and energy supplements that contain ma huang. Accordingly, synephrine impacts the adrenal system of the human body and increases basal metabolic rate, which accounts for up to 70% of your daily caloric expenditure.

WHY DO PEOPLE SUPPLEMENT WITH SYNEPHRINE?

Studies show that synephrine speeds up your metabolism, which contributes to fat loss and weight management.

The reason for this is simple: If you want to lose fat, you need to burn more energy than you eat.

Thus, anything that helps you burn more energy (like synephrine, caffeine, and exercise), can help you lose fat faster. Synephrine is also often sold as a “stubborn fat burner.”

The bottom line is most people supplement with synephrine to lose fat of all kinds faster.

WHAT ARE THE BENEFITS OF SYNEPHRINE?

As you would expect from a mild stimulant that increases energy expenditure, the main benefit of synephrine supplementation is faster weight loss.

For example, one study found that a single dose of 50 milligrams of synephrine increased basal metabolic rate by 65 calories over the course of the next 75 minutes.

Research shows that this metabolic boost can be significantly increased to over 180 calories by combining synephrine with two other molecules found in the bitter orange fruit: naringin and hesperidin.

That’s the same amount of calories burned in about 20 minutes of jogging. That’s an additional 1,300 calories burned every seven days—a little more than one-third of the calories in a pound of fat. That matters.

(And that’s why we’ve included clinically effective dosages of all three of these molecules in our fat burner supplement PHOENIX.)

Furthermore, studies show that synephrine works synergistically with caffeine to enhance both caffeine’s and its own fat loss properties. That is, if you take caffeine and synephrine together, you’ll burn more fat than if you took them separately.

Research shows that another benefit of synephrine is it can increase the thermic effect of food, and especially in women. This means even more energy expenditure and thus more fat loss.

Yet another benefit is something we already touched on—synephrine’s effects on stubborn fat.

The physiology is fairly complex, but here’s the long story short: The fat-burning process in your body is regulated by chemicals called catecholamines. These molecules bind with receptors on fat cells and trigger the release of stored energy for burning.

The problem, though, is some fat cells are resistant to mobilization. That is, they don't respond to the catecholamines like other fat cells, which are easier to burn.

The reason for this is fat cells have two different types of receptors for catecholamines:

- ✓ Alpha-receptors
- ✓ Beta-receptors

These receptors are diametrically opposed in function in that alpha-receptors hinder fat mobilization and beta-receptors activate it. Thus, fat cells with a high amount of beta-receptors are relatively easy to burn (shrink, really, but you get the idea) whereas those with a high amount of alpha-receptors aren't.

Well, synephrine can aid in mobilizing stubborn fat cells by blocking the activity of alpha-receptors in fat cells.

Last but not least is the fact that anything that has the ability to increase catecholamine activity can also suppress hunger between meals (a component of the fight or flight response).

WHAT IS THE CLINICALLY EFFECTIVE DOSE OF SYNEPHRINE?

You see, it's not enough to just know that synephrine can improve fat loss. You need to know how much is needed to see results.

And when you review the literature, you find a wide variety of dosages of synephrine used for weight loss purposes.

The most effective dosages were in the range of 25 to 50 milligrams per day, though, with 50 milligrams significantly outperforming 25 milligrams.

WHAT TYPES OF RESULTS SHOULD I EXPECT FROM SYNEPHRINE?

Remember that supplements don't build great physiques. Dedication to proper training and nutrition does.

That said, here's what you can expect from synephrine supplementation:

- ✓ A slight increase in your basal metabolic rate.

- ✓ A slight decrease in the activity of fat cell receptors that prevent fat mobilization.
- ✓ A slight increase in the thermic effect of food, or the “energy cost” of metabolizing food.

That said, it doesn't mean you shouldn't supplement with synephrine. It just means you shouldn't supplement only with synephrine if you really want to see improvements.

The same can be said about most natural supplements. By themselves, individually, they are underwhelming. Take the right ones together, though, and the cumulative effects can become noticeable.

For example, if you pair synephrine with naringin and hesperidin, you can triple the metabolic boost. And if you add caffeine as well, the effects become even more pronounced.

In terms of actual fat loss, if you took these four supplements every day (and especially before working out), it's reasonable to assume an additional 0.5 pounds of fat loss per week. And that's enough to matter if you also consistently train hard and eat right.

DOES SYNEPHRINE HAVE ANY SIDE EFFECTS?

If you poke around on the Internet for an answer, you'll find dire warnings that synephrine can increase the risk for high blood pressure, fainting, heart attack, stroke, and “other severe side effects.”

Well, several studies have demonstrated that synephrine doesn't increase blood pressure, and research shows that it is generally safe and well tolerated.

The reality is if you're like most people, you're not going to notice much when you take synephrine. Most report a slight increase in energy with none of the downsides generally associated with stimulants (jitters, nausea, rapid heartbeat, etc.).

That said, if you have any medical conditions or take any medications that might contraindicate supplementation with synephrine, consult your doctor before use, of course. Examples are high blood pressure, anti-depressants, and HIV/AIDS.

THE BEST SYNEPHRINE SUPPLEMENTS

As you probably know, synephrine is primarily sold as a fat burner. You now know why. And the first thing you need to understand about these types of supplements is this: No amount of weight loss pills and powders are going to make you lean.

Now the good news: If you know how to drive fat loss with proper diet and exercise, certain supplements can accelerate the process.

Based on my experience with my own body and having worked with thousands of people, I feel comfortable saying that an effective fat loss supplementation regimen can increase fat loss by about 30 to 50% with little to no side effects.

That is, if you can lose 1 pound of fat per week without supplements (and you can), you can lose 1.3 to 1.5 pounds of fat per week with the right ones.

Another big benefit of taking the right fat loss supplements is they are particularly effective for reducing stubborn fat, which is usually belly fat for us guys and hip and thigh fat for girls. Well, synephrine is one of those supplements.

The problem, though, is its effects are rather mild and inconsequential when taken by itself. We recall that 50 milligrams can increase the basal metabolic rate by 60 to 70 calories. That's not going to move the needle much.

Fortunately, these effects can be safely and greatly amplified by several other molecules (naringin, hesperidin, and caffeine).

That's why my fat burner PHOENIX contains a clinically effective dosage of synephrine, naringin, and hesperidin. I purposely left out the caffeine, though, because chances are you're like most fitness folk and would prefer not to get your caffeine from pills.

You want to get it from sources you actually enjoy like coffee and/or pre-workout drink. Well, PHOENIX allows you to do that.

It also contains quite a bit more than just synephrine, naringin, and hesperidin. It also provides several other ingredients that help you lose fat faster and fight hunger and cravings...

Epigallocatechin gallate (EGCG)

EGCG is a molecule found in green tea, certain types of nuts, and carob. It's one of six similar molecules known as catechins, and it's the one most implicated in fat loss effects.

Forskolin

Forskolin is found in the Indian herb *Coleus forskohlii* and has long been used in Ayurvedic medicine to treat heart and respiratory disorders.

Research shows it increases blood plasma and intracellular levels of a molecule known as cAMP. When cAMP is high, it signifies a lack of ATP (the most basic form of cellular energy in the body) and thus initiates a process to make more ATP by burning through energy reserves (body fat). This is why studies show that supplementation with forskolin accelerates fat loss.

Salicin

Salicin is an anti-inflammatory agent found in foods like berries, olives, and mushrooms, and it is produced from willow bark. Like aspirin, salicin is metabolized into salicylic acid in the body and thus is often used as a natural analgesic and blood thinner.

I mentioned earlier that the synergism seen in the ephedrine, caffeine, and aspirin "stack" also applies to synephrine. Well, caffeine, synephrine, and salicin is the natural version of this, and that's why we've included both synephrine and salicin in PHOENIX.

Hordenine

Hordenine is a molecule produced naturally in the body and found in foods like barley, millet, and sorghum, and some types of cacti. Similar to EGCG, hordenine inhibits the activity of an enzyme responsible for breaking down chemicals that induce lipolysis. This allows these fat burning chemicals to remain in your blood for longer periods and therefore mobilize more fat cells.

5-HTP

5-HTP is a compound involved in the metabolism of the amino acid tryptophan, which is found in foods like milk, meat, potatoes, pumpkin, and various greens. It's converted into serotonin in the brain, which is one of the principal neurotransmitters involved in feelings of happiness.

This is why research shows that 5-HTP increases the feeling of fullness from food and thus can help you control your food intake. It can also reduce your cravings for carbohydrates in particular.

The bottom line is if you want to lose fat faster without pumping yourself full of stimulants or other potentially harmful chemicals...then you want to try PHOENIX.

THE BOTTOM LINE ON SYNEPHRINE

Synephrine is one of the few fat loss supplements that are affordable and proven to accelerate weight loss (and especially when combined with several other supplements, as we've discussed).

Don't buy into the hype, though. Synephrine isn't going to "triple your fat loss" or "melt stubborn fat off your body." It can help you burn more calories and thus more fat, however, and attack the blubber covering your abs, hips, and thighs.

And that, in time, can result in greater progress toward the body you really want.

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pre-workout and weight loss stacks and supplements.

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