

## Phenocal Review-Can It Suppress Appetite Safely?

When it comes in mind to lose weight, the very first thing that strikes is suppressing of appetite. Obviously it is true and makes sense, as increase in weight is much a consequence of what and how much food is consumed. It is always highly recommended by the health specialist that the person should have a control on food intake and how efficiently he/she can lose weight to sustain perfect weight. This sensible action leads to optimum amounts of calories, which are burned by the body.

No doubt there are numerous weight loss products, which are specifically prepared to cut the appetite or desire for food, take for example Phenocal. This is one of the fastest growing weight loss products created by Pharmaxa Labs and it is widely obtainable through internet. It is available in form of capsule, Phenocal states to control the appetite and shed pounds.

For several weight losers, these claims may be less acceptable. But how the product can provides its best can only be disclosed by the components of each capsule. By going through the ingredients in Phenocal, as mentioned on its cover and website, illustrates that it really contains some of the eminent appetite suppressants used since olden days.

### Cocoa Extract

Cocoa is the identical plant where chocolate is also derived. For some people, it is tough to admit that this plant can promote to weight loss, since chocolate is made up of cocoa and some worst cases are seen of weight gaining by huge consumption of chocolate. By speaking straight forwardly, the numerous amount of sugar in some chocolate bars may be the one to blame. But as far as the cocoa plant is concerned, particularly the extract, it contains a substance known as theobromine which has been known to increase the secretion of serotonin in the brain.

Serotonin is a neurotransmitter in the brain that is in charge for managing biological functions like sleep and appetite. Pursuing sufficient amounts of serotonin can bring about a feel good experience. But more than the happy state of mind, it can also efficiently suppress appetite, which may be a direct effect of the convincing sense of fullness.

### Green Tea Extract

When it comes to suppressing appetite, green tea stands on a very high platform. In a research study, performed at the University of Chicago, green tea extract was inserted into rats. After a week of vigilant observation, the subjects were found to have lost over 20% of their weight. It came to light that the injected rats have significantly lost appetite and have reduced their food consumption by about 60%.

In case of human being, a related study done at the University of Geneva in Switzerland and published in the American Journal of Clinical Nutrition found that men who were subjected to a daily brew of caffeine and green tea extract had better control of their appetites and burned a lot more calories than other men who were only allowed to have caffeine and placebo. Researchers believe that a plant-based chemical called pigallocatechin gallate, which is abundantly found in green tea, can spur the production of a hormone known as noradrenaline or norepinephrine, which in turn can suppress appetite for food.

### Glucomannan

This is a soluble fiber that can fasten itself to a wide variety of other substances. When it is inside the digestive tract, glucomannan can help to relieve constipation and noticeably reduce fat and carbohydrate absorption in the intestinal walls. For this reason, glucomannan is mostly included in supplements that deal with high levels of cholesterol in the bloodstream.

Related to appetite suppression, glucomannan can take up significant amounts of water inside the digestive tract; this process permits a person to sense and feel the fullness for longer hours. Hence, this highly soluble fiber is a good ingredient in weight management products as well.

By the means of these three good natural-based appetite suppressants, Phenocal can help out people who are overweight and obese in their aim to shed several pounds. And since all these components are extracted from plant, chances of having harsh ill effects are lessened.

Phenocal Increases Energy Level With Less Fats And Slim Body.  
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