

Questions and Answers about Green Coffee Bean Pure Extract™

Latest Superfood Speeds Weight Loss

The latest research shows that Green Coffee Bean burns fat fast. In a recent study, 16 adults supplemented their daily diet with this new fat fighter for just 12 weeks, and lost an average of 17 pounds each—and they didn't change their regular eating habits, or hit the gym each morning for sweaty cardio sessions. They just took their Green Coffee supplement as directed and lived normally, letting the diet capsules do the rest.

How can Green Coffee Bean Pure Extract™ help me lose weight? Is it the caffeine?

Actually, this is not a stimulant that will make you jittery and raise your heart rate, like roasted coffee or ephedra would. Each serving has only about 20 mg of caffeine, compared to a regular cup of coffee, which can put over 100 mg into your system (if you keep it to just one serving). The weight loss benefits come from a different direction.

Unroasted green coffee beans contain high amounts of Chlorogenic Acid. Chlorogenic Acid has been shown to promote the burning of fat in the liver, increase metabolism, inhibit fat absorption, and slow the release of glucose into the blood after eating.

Show me the science. What can Chlorogenic Acid do for my diet?

Researchers believe Chlorogenic Acid attacks fat from 3 directions. This “triple threat” strategy can help you manage your body weight without a special exercise program or restrictive meals that make you feel deprived and tired:

1. It binds to fat compounds in your digestive system so they pass through you without being absorbed
2. It slows the release of glucose into your bloodstream after eating, so that your body uses stored fat for energy
3. It causes your body to burn glucose (sugar) and fat, mainly in the liver

Of course, if you make wise food choices and move around more, you will lose weight even faster using Green Coffee Bean Pure Extract™!

Go natural: roasting ruins results

So, why can't you just drink a lot of coffee to slim down? Because roasting the beans at 475°F to give coffee its distinctive roasted flavor destroys the active fat fighter: Chlorogenic Acid. This cutting-edge, natural weight loss tool is made from fresh unroasted beans, preserving the slimming solution you seek. On the other hand, eating green coffee beans straight wouldn't work well: they're quite bitter, and you wouldn't know if you were getting the right dosage. Take our convenient capsule; we've done the math for you.

Why am I hearing so much about Green Coffee Bean lately?

As more people lose weight using the Green Coffee Bean diet, mainstream media is reporting rapid weight loss from dieters everywhere. The study mentioned earlier showed subjects—humans, not rats!--losing 10.5% of their overall body weight and 16% of their total body fat, and all this with no side effects. No wonder people want to get their own supply right away to get rid of their bulging belly and stop tallying calories. Green Coffee Bean Pure Extract™ is a natural way to feel more comfortable in your own body, and it doesn't require a special weight loss program or a loan from the bank. This is a diet you can do!

Green Coffee Bean in the News

The amazing conclusions of a seminal study to document Green Coffee Bean Extract's benefits were presented at the American Chemical Society and published in Diabetes, Metabolic Syndrome and Obesity, and more studies are in progress. Since then, Green Coffee Bean Pure Extract™ has been featured on national television and reviewed by major news networks as an effective weight management tool for fat reduction and ongoing weight maintenance, especially when dieters combine it with smart eating and healthy activity.

Is it safe to take Green Coffee Bean Pure Extract™?

While no negative side effects have been associated with Green Coffee Bean for weight loss, it's always a good idea to talk with your health care provider before beginning any diet. Remember, being overweight can be dangerous, too. Take immediate action, and lower your risk for obesity-related health issues including hypertension, diabetes, cancer, cardiovascular disease, gallbladder disease, pancreatitis, sleep apnea, and osteoarthritis. (Source: The Medical Risk of Obesity, Postgrad Med. 2009 Nov; 121 (6):21-23.)

I'm a diabetic. Can I take Green Coffee Bean to manage my weight?

For diabetics interested in using Green Coffee Bean to lose body fat, there is great news: Dr. Lindsey Duncan, celebrated nutritionist and guest authority on the Dr. Oz show, explained that Green Coffee Bean "works by inhibiting the absorption and utilization of glucose (also known as sugar) into the bloodstream". We encourage you to consult with your doctor before starting a weight loss program, especially if you have a known medical condition.

What is the ratio of chlorogenic acid to caffeine in Green Coffee Bean Pure Extract™?

The ratio in our product is 20:1, the clinically supported balance.

Will I get the diet jitters from this product?

Our Green Coffee Bean dieters report no shakes or the temporary "buzz" common with other weight loss aids. You will not experience the "diet dumps" as a stimulant leaves your system. Each serving contains just 20 mg caffeine, the equivalent of about 1/5 cup of coffee. The diet benefits come from Chlorogenic Acid, not stimulants that rev up your engine.

Why should I choose this diet supplement?

In java jargon, a good cup of coffee is “rich and full bodied”. Do you feel full bodied, and maybe not so rich as you would prefer? Green Coffee Bean Pure Extract™ is for you! Check out these benefits:

- Contains GCA®, the brand of extract used in published research and endorsed by TV doctors
 - Affordable, effective, safe, made in USA, 24/7 diet support hotline
 - Causes no side effects
 - Prevents excess sugar circulation and supports your body's use of fat for energy
 - 100% pure, no fillers or binders—it even comes in veggie caps!
 - Contains the recommended, clinically supported dose of 800 mg
 - Gluten free. Does not contain: corn, soy, wheat, yeast, lactose, citrus, milk, egg or fish products, sugar, salt, starch, artificial coloring, flavoring or preservatives.

Can I use Green Coffee Bean for long term maintenance?

Absolutely! After reaching your goal weight, Green Coffee Bean Pure Extract™ continues to provide its natural healthy characteristics. It's also a great tool to use as part of a maintenance strategy to avoid yo-yo dieting, can help offset minor episodes of unhealthy eating, and it promotes an overall healthy lifestyle.

What is a “self-guided” diet?

You're driving. You are in full control of your diet experience. Set a reasonable goal according to your body mass index (BMI), take your Green Coffee Bean Pure Extract™ supplement as directed, and don't give up if you happen to cheat a little.

We Reach Our Goal When You Reach Yours

Creative Bioscience knows weight loss, and we're here when you need to talk. Got a question? Ask an expert. Our free, unlimited, 24/7 live support is an industry exclusive that reflects:

- our product confidence, and
- our dedication to your diet success

Our USA-based trained weight loss experts at (877) 744-1224 answer your questions quickly so you can start seeing results right away. You don't have to do this alone--with over 20,000 dieters calling and writing us each month, odds are we've heard your question before, so don't hesitate!