

7-KETO

Helps Healthy Weight Loss



Studies show that two things happen when the body goes on a "diet". **One, the body recognizes that it is receiving fewer calories (energy) and thus reduces its metabolic rate by as much as 15%. Two, some of the weight loss is lean muscle, which you need to help burn off calories.** Result? Instead of losing, your body may actually plateau or gain, despite the calorie restriction. **What's the answer? Perhaps 7-Keto.**

What is 7-Keto?

7-Keto is made in your body from DHEA, the parent hormone that also produces estrogen and testosterone. Levels of hormones, including 7-Keto, decline with age. By the age of 40, our production of natural 7-Keto has dropped by 40% and the decline continues. Supplementing with 7-Keto is simply putting back what time and age has taken away. 7-Keto offers you the benefits of improving or maintaining lean body mass, building muscle, increasing metabolic rate and reducing signs of aging. And 7-Keto promotes weight loss.

How does 7-Keto work?

A couple of ways; one by increasing T3 activity (metabolic rate) without raising T3 thyroid hormone. The second way is by increasing specific thermogenic (fat-burning) enzymes in the liver. 7-Keto may also reduce glucocorticoids or stress hormones, especially implicated in unhealthy belly fat. Altogether 7-Keto raises your energy expenditure to equal weight loss.

Is 7-Keto safe?

As a patented ingredient, 7-Keto has undergone extensive research, particularly on whether 7-Keto would raise estrogen or testosterone. Even at maximum dose of 100 mg twice a day, no elevation in hormone levels from initial baseline occurred. 7-Keto will not interact adversely with other diet supplements or weight loss aids, common medications for blood pressure or lipid control and Synthroid or other thyroid medications. Since 7-Keto may have the ability to inhibit platelet aggregation (similar to aspirin) and caution should be used if you are taking blood thinners (Coumadin, Warfarin). Always check with your health care professional for personal medical advice, however. Note: 7-Keto is recommended for adult use.

What is the dose for weight loss?

The maximum study dose was 100 mg twice daily. Another suggested way to take 7-Keto is 25 mg twenty minutes before a meal, doubling the dose as needed. Some people experience a weight loss even at the lower levels (younger people may need a higher dose).

What results may I expect?

Combining 7-Keto with a program of diet and exercise is the healthiest way to lose weight. Clinical studies by Humanetics showed a weight loss of 6 pounds in 8 weeks and 80% of the weight lost was body fat! Some lost as much as 22 pounds in 8 weeks. Losing 1-2 pounds per week is considered healthy and studies have shown that weight loss greater than this average typically ends in diet failure and regain of weight. However, in one study of 7-Keto and diet without exercise, participants still lost weight. Good news for those with limited exercise potential.

Just the Facts

- ◆ Increases metabolism
- ◆ Non-stimulant
- ◆ Accelerates weight loss
- ◆ Natural to the body
- ◆ Declines with age
- ◆ Safe

Source: Humanetics Corporation

What other benefits does 7-Keto offer?

Other studies show 7-Keto may benefit immunity by increasing T-helper cells (ME/CFS, HIV), anti-aging by increasing insulin-like growth factor (IGF-a), improving memory and reduce skin aging. 7-Keto may lower platelet aggregation to help heart health. All this and safety too!



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