

## Phenocal Review Is It An Effective Weight Loss Product?

A person can't gain weight in a day; it takes the years to accumulate the fat. The reason behind the gaining the weights are Sedentary lifestyle, poor eating habits, unhealthy vices, stress, sleep deprivation and fatigue

The most effective way to shed excess pounds is to consume the less calorie foods along with the physical activities. However, dieting and exercising regularly is difficult to achieve and maintain. Now a days people don't get time because to their busy schedule to go to gym or cook the nutritious meals. People who suffer from overweight and obese get discouraged with their weight loss program if they encounter obstacles along the way.

There are many weight loss products, exercise equipments available in the market which is easy to use and gives better results. As there are lots of products available on the market, it's not easy to find the right one that is more effective for weight loss.

Phenocal a weight loss product which has been available to the general public that's shows great promise in the battle of bulge. In order to realize that the product really works it is necessary to analyze each ingredient contained.

### What Makes Phenocal So Effective?

According to the pharma labs manufacturer of Phenocal's a weight loss product, the product is composed of a combination of all natural ingredients that has been to help people to loose weight. The main components include 5 HTP, Cocoa Extract, 7-keto-DHEA, and Green Tea.

### 5-HTP

5-Hydroxytryptophan is a type of amino acid that helps produce serotonin, a neurotransmitter that is responsible for balancing body temperature and inducing sleep, anger, moods, aggression, and appetite.

In a University of Rome-sponsored study, women who only took 5-HTP supplements lost an average of 3 pounds in a five-week period even if they did not lessen their caloric intake. On the other hand, women who were given dietary restrictions plus 5-HTP supplements lost about 10.34 pounds in six weeks, that is compared to the 2.28 pounds lost by women who undergone dietary restrictions and took placebo pills during the same period. All the participants who took 5-HTP formulations claim that they felt early satiety.

### 7-Keto-DHEA

For years know, experts have provided documents on the various health benefits of DHEA. One type of this compound, the 7-Keto DHEA is believed to not only help bolster immune system, but more importantly to reduce body fat as well. 7-Keto brings about fat loss through the creation of heat inside the body, a process called thermogenesis. If a person produces more heat, which is one way of producing energy, his or her metabolic rate also increases and more stored fat is converted to energy.

### Cocoa Extract

The major ingredient of chocolate is cocoa, whose scientific name is Theobroma Cacao literally translated as Food of the Gods. Aside from containing polyphenols (antioxidants responsible for strengthening the cardiovascular system), cocoa is also a rich source of theobromine, a phytochemical that also enhances production of brain chemical serotonin. Research has shown that this neurotransmitter makes people feel good while suppressing appetite for sugars and other sweet-laden foods.

### Green Tea

It has also been well-documented that green tea can really raise a person's metabolic rate by up to 4%. Even without exercising and changing diet, people who drink at least five cups of green tea everyday can lose up to 8 pounds in one year, based on research conducted by Japanese. The secret behind the effectiveness of this tea in promoting weight loss is its thermogenic effect, which boosts the conversion of stored body fat into usable energy.

### Conclusion

Phenocal is one of the most important weight loss products that we find on the market today I am extremely impressed by both the weight loss and the energy boosting components contained in the product. This is a top ranking product that can be used in store to drop the excess pounds.

For more Info on Phenocal visit : <http://www.buyphenocal.com>