



FARMDIREC

DIET -1



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Diet-1 is a unique herbal supplement that is the perfect companion for those looking to amplify their fat loss efforts. The main ingredients of Diet-1 are Green coffee bean extract, contains 45% chlorogenic acid which has been proven to improve glucose absorption resulting in improved weight loss. Diet1 also contains raspberry ketone, shown to increase metabolism, while green tea and yerba mate extracts increase mental focus and provide beneficial antioxidants. This product will help you reach your ideal weight by letting your body boost its metabolism naturally which would assist in burning the fats stored in your body.



COFFEE BEAN EXTRACT

A craze for green coffee bean extract has hit the weight loss supplement world all due to a compound contained in green coffee beans called chlorogenic acid which seems to have beneficial effects on metabolism for weight loss. Chlorogenic Acid is believed to be the main active ingredient in green coffee beans. It is the substances that produces the weight loss effects. Unfortunately, most of the chlorogenic acid is removed when coffee is roasted. For this reason, regular coffee beans won't have the same effect



RASPBERRY KETONE

Is the compound that gives raspberries their strong aroma and flavor. A synthetic version of it is used in cosmetics, processed foods and weight loss supplements. Raspberry ketones have a similar molecular structure as two known fat burning compounds. They can make isolated fat cells break down fat and release a hormone called adiponectin.



GREEN TEA EXTRACT

Green tea has become very popular in recent years as a health product. More and more people enjoy drinking green tea as a calming and relaxing activity in a high-stress society. Green tea extracts can help reduce anxiety, can help burn fat and boost metabolism, has significant benefits on prevention of cancer, it offers stronger antioxidants protection. Green tea is considered one of the world's healthiest drinks and contains one of the highest amount of antioxidants of any tea.



YERBA MATE EXTRACT

Yerba mate is a South American beverage that is made from the leaves of the mate tree. It includes caffeine, theobromine and theophylline, which are found in chocolate, coffee and tea. These ingredients stimulate the central nervous system, decrease appetite, increase muscle relaxation and function as a diuretic. With regards to weight loss, yerba mate has shown to be helpful in both weight loss and weight control. It causes thermogenesis, or increased calorie burn, increased diuresis and appetite suppression, all of which improve the chances of weight loss.

Supplement Facts

Serving Size: 2 Caplets

Servings per Container: 45

	Amount per Serving
Green Coffee Bean standardized extract (45% chlorogenic acids)	800 mg*
Proprietary Blend:	200 mg*
Raspberry ketone, yerba mate leaf standardized extract, green tea leaf standardized extract	

* Daily value not established

Other Ingredients: Calcium Carbonate, microcrystalline cellulose, stearic acid, coating (hypromellose, polyethylene glycol, hydroxypropyl cellulose), croscarmellose sodium, magnesium stearate and silica.

SUGGESTED USE:

As a dietary supplement, take two (2) caplets twice daily, 30 minutes before meals with an 8 fl.oz. glass of water.

