Choosing the right nutritional weight-loss supplement truly can enhance your efforts to shed those extra pounds. And when you see quick results, it provides motivation to stay on track and achieve long-term success. The trick is to be smart about what you choose and go for a safe, natural product that is formulated with ingredients proven to work. A nutritional supplement designed to increase leptin levels in the body is an excellent choice, as increased leptin has been shown to disrupt the mechanisms that can derail your weight-loss plan.

Naturally occurring leptin was originally developed as a supplement to build muscle in animals. However, it was observed that leptin intake was linked to a dramatic reduction in food intake and to as much as a 50 percent reduction in body weight within months. In December 2000, researchers discovered that when leptin works in conjunction with insulin-like growth factor-1 (IGF-1) and other natural cofactors, it can also help restore fat cells to their normal size. IGF-1 directs the body’s metabolic process, burning fat, balancing blood sugar and building lean muscle.

A randomized, controlled trial performed in six different obesity clinics looked at the effects of leptin on 73 obese men and women. In the October 1999 issue of the Journal of the American Medical Association researchers reported daily use of leptin led to a mean weight loss of 15 pounds in a 24-week treatment period. More than 95 percent of the lost weight was from body fat. Although there was considerable variation in the amount of weight the individual subjects lost during treatment, subjects who took the highest daily doses of leptin clearly lost the most weight.

LeptiTrim6 combines colostrum, which is rich in IGF-1, and natural leptin, making it a unique and powerful weight-loss supplement that is totally natural and safe. Dr. Anthony Kleinsmith is the lead researcher behind LeptiTrim6 diet products and the nation’s foremost leader today on first-milking colostrum. He discovered how to produce the leptin-rich colostrum extract that goes into every LeptiTrim6 supplement and product. Dr. Kleinsmith says, “Many studies show that colostrum’s natural enveloping of the leptin molecule and other potentially fragile peptides and proteins actually shepherds the compound through the gastrointestinal tract and into the bloodstream where it does the most good.”

References