

POWERED BY NATURE, BACKED BY SCIENCE

# ***THE SCIENCE BEHIND B-FIT***

One synergistic formula for appetite,  
metabolism, and gut health.

This guide highlights the scientific research behind each of the  
six key ingredients in B-FIT, presented in alphabetical order.



# How Six Ingredients Work Together to Support Lasting Results

Together, Beta-Caryophyllene (BCP), Oleoylethanolamide (OEA), Berberine, Fenugreek, Inulin, and Psyllium Husk create a comprehensive wellness formula. Each offers unique metabolic, digestive, or appetite-regulating benefits—and when combined, they deliver synergistic support for healthy weight management, metabolic balance, and gut health. The summaries that follow outline how each ingredient plays a role in this targeted approach to weight loss.



## Berberine

### **Improved Insulin Sensitivity:**

Berberine has been shown to improve insulin sensitivity, which is crucial for reducing fat storage. Better insulin sensitivity means that the body is more efficient at using glucose for energy, rather than storing it as fat.

### **AMPK Activation:**

Berberine activates AMP-activated protein kinase (AMPK), a key regulator of metabolism, which boosts fat burning and helps reduce fat accumulation.

### **Cholesterol Regulation:**

Berberine can help lower LDL (bad) cholesterol and triglycerides, contributing to better overall metabolic health, which supports weight loss.



## Beta-Caryophyllene (BCP)

### **Endocannabinoid System Activation:**

Beta-Caryophyllene is a natural terpene found in various plants, notably black pepper and cannabis. It has the unique ability to activate CB2 receptors in the endocannabinoid system, which may help reduce inflammation and improve metabolic function.

### **Anti-Inflammatory Effects:**

Chronic inflammation is often linked to obesity and metabolic dysfunction. Beta-Caryophyllene can help reduce this inflammation, potentially supporting better fat metabolism.

### **Appetite Regulation:**

By interacting with the endocannabinoid system, Beta-Caryophyllene may help modulate appetite, contributing to reduced food cravings and improved satiety.





## Fenugreek

### **Appetite Control:**

Fenugreek is rich in soluble fiber, particularly galactomannan, which can expand in the stomach, promoting a feeling of fullness and thereby reducing appetite.

### **Blood Sugar Regulation:**

Fenugreek helps stabilize blood sugar levels, which prevents insulin spikes that can lead to fat storage. Maintaining stable blood sugar is essential for weight management.

### **Fat Burning:**

Some studies suggest fenugreek can help enhance fat metabolism, potentially aiding in fat loss, especially around the abdominal area.



## Inulin

### **Prebiotic Fiber:**

Inulin is a type of soluble fiber that promotes a healthy gut microbiome by acting as a prebiotic. A balanced microbiome is linked to improved metabolic health and weight management.

### **Satiety:**

Inulin helps promote feelings of fullness, which reduces overall calorie intake and contributes to weight loss.

### **Blood Sugar Control:**

Inulin helps regulate blood sugar levels and can improve insulin sensitivity, which is important for controlling hunger and reducing fat storage.





## Oleoylethanolamide (OEA)

### **Appetite Suppression:**

OEA is a natural lipid that signals the brain to reduce hunger by activating PPAR-alpha receptors. It can help promote satiety, making it easier to control food intake and reduce overall calorie consumption.

### **Fat Metabolism:**

OEA also promotes fat burning by stimulating the mobilization of fat stores, which can contribute to weight loss. It enhances fat oxidation, ensuring that stored fat is used for energy rather than accumulating.



## Psyllium Husk

### **Digestive Health:**

Psyllium husk is a natural fiber that absorbs water and forms a gel-like substance in the digestive tract, helping to regulate bowel movements and promote digestive health.

### **Appetite Suppression:**

The high fiber content of psyllium husk helps increase satiety, reducing overall food intake by creating a feeling of fullness.

### **Blood Sugar Regulation:**

Psyllium husk slows the absorption of sugars in the digestive tract, preventing blood sugar spikes and helping control hunger levels.

## A Complete System for Sustainable Success

The combination of BCP, OEA, Berberine, Fenugreek, Inulin, and Psyllium Husk offers a multifaceted approach to weight loss, targeting appetite control, fat metabolism, blood sugar regulation, and digestive health. Together, they create a supportive environment for sustainable weight management. As individual responses may vary, it is always a good idea to consult a healthcare provider before starting any supplement regimen.

