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© 1996-2014, Amazon.com, Inc. or its affiliates Top positive reviewAll positive reviews Celeste Cruz5.0 out of 5 starsIt's more of a sleep aid with vitaminsReviewed in the U.S. on September 30, 2020No weight loss, but it defiantly keeps from feeling hungry at night & it has melatonin so it helps me fall asleep © 1996-2014, Amazon.com, Inc. or its subsidiary Image not available forColor: User Comments 6 Answered Questions Razalean - a powerful diet supplement to boost your metabolism and help you burn fat at record speeds. The product claims that more than 40,000 clinical research hours went into diet pills, so why doesn't the site provide evidence that supports the supplement's safety and effectiveness? Is Razalean real? Our scientists were worried, so we looked to science for answers. We studied ingredients, side effects, possible results, and customer testimonials, and we're here with the bottom line on weight loss pills. Razalean can be purchased through their official Site.What is Razalean? Razalean is a 3-in-1 weight loss supplement that contains exotic ingredients to boost your metabolism while blocking fat production. The product promises to give you unmatched stamina and seemingly infinite energy. The creators have spent two decades perfecting the formula that has helped 87,000 users lose weight, and all pills come with a money-back guarantee. The product line offers two formulas: Razalean diet pills and Razalean PM. Pm contains melatonin and carb blockers to help users lose weight while they sleep. Before delving deeper into the supplement and the company behind Razalean, what does some of the research say on this product's ingredients? Who makes Razalean? There is not much information about the company behind Razalean. We know they're based in Salt Lake City, Utah. The website claims that this product is 19 years in the making. A third-party website claims that weight loss pills are manufactured at American Laboratories in Omaha, Nebraska, but our research team was unable to verify that information. A Better Business Bureau file was opened on 1/29/2020. Razalean is neither accredited nor rated by BBB. Razalean Customer Service Customer Service is available by phone or email. You can call 888-240-1853 or send email support@razalean.com. Razalean CompetitorsProductSkinnytabsreadGhost BurnreadPhenastinreadNoomreadRazalean Claims There are no Razalean reviews on the company's website, but they make several claims about their products: Maximize your metabolism Reduce belly fat Increase athletic performance Contains exotic ingredients of the highest quality Powerful thermogenic fat Suppress your appetite Made in the USA Scroll below for one of the best products we've seen in the past year. Razalean Ingredients It Looks Razalean tried to combine some of the ingredients from popular weight loss supplements into one pill. Cayenne Pepper Caffeine Matrix Kelp Apple Cider Vinegar Garcinia Cambogia Rhodiola 3% Rosavins Green Tea Extract Details On Ingredients Are Any Of the Ingredients in Razalean Effective for Weight Loss? Let's see what the science behind these ingredients has to say. Cayenne Pepper Cayenne pepper contains an active ingredient called capsaicin. There is limited research into capsaicin effectiveness as a weight loss supplement, but a randomized controlled study published in Appetite suggests that capsaicin may reduce appetite when consumed with each meal; However, the human body is quick to develop a tolerance to the effects of capsaicin. Caffeine Matrix Razalean contains three different forms of caffeine: caffeine citrate, anhydrous caffeine, and caffeine from green tea extract. According to research published in the American Journal of Clinical Nutrition, caffeine can increase your resting metabolism, but the human body develops a tolerance to caffeine over time. Kelp Kelp is an algart that grows in shallow seawater. A research study from Food Chemistry found that the natural fiber, called alginat, found in kelp can block the enzyme that digests fats. Apple cider vinegar Apple cider vinegar is made from fermented apples. According to clinical research published in Critical Reviews in Food and Science Nutrition, apple cider vinegar reduced fat storage in obese rats. More clinical trials in humans are needed. Garcinia Cambogia Garcinia Cambogia is a fruit extract containing hydroxycitric acid. A clinical study found in the Journal of Obesity found that supplements containing hydroxycitric acid may promote weight loss, but weight loss was small. Rhodiola Rosavins Rhodiola is an herb found in cold climates. A clinical review published in Planta Medica suggests that Rhodiola's adaptogenic properties may reduce fatigue in patients with underlying conditions, but we found no link to weight loss. Razalean and Weight Loss Evidence suggests that some of Razalean's ingredients may be effective for weight loss while others do not. It is difficult to determine how effective Razalean is because, apart from the caffeine content, we have no idea how much of each ingredient is in the formulation. Some users may lose weight, but only if they exercise and eat a healthy, calorie-controlled diet. A calorie deficit is important for weight loss. A controlled study published in the American Journal of Physiology, Endocrinology, and Metabolism confirms that you need to burn more calories than you consume. Razalean side effects side effects are a problem if you're considering any caffeine-containing diet pills for weight loss. Based on its ingredients, possible Razalean side effects may include: Difficulty sleeping heart rate heart rate questions Headache Fatigue Dry mouth Dizziness How to use Razalean Take two Razalean pills a day. For the first month, users may want to take just one pill a day to reduce the potential of side effects. The creators recommend that users exercise at least three times a week and eat a balanced diet. Cost and Where to Buy Razalean If you are interested in where to buy Razalean, you can find the diet supplement on Amazon and the company's official website. If you buy it on Amazon, you will be charged \$89.95 per bottle. You can get a discount by purchasing several bottles from the company's website. If you buy two bottles for \$179.90, you get a free bottle. If you buy three bottles for \$269.95, you get two free bottles. Pros and cons: Available on Amazon. 60-day money-back guarantee. Cons: Potential side effects. Incomplete information on how much of each ingredient the supplement contains. Contains a high dose (400 mg) of caffeine. The price is \$89.95 for a 30-day supply. Negative reviews. So far so good. I've been using for about a week. So far no side effects unlike many of the other reviews. It suppresses my appetite and I've lost a few pounds so far. I'm pretty happy with that. TreyvonTerrible product! Caused severe nausea, heartburn and sleepiness and I only took one capsule a day in the morning. HelenI took the pills for a month. They didn't do anything for me. Don't slow down my appetite. Didn't speed up my metabolism. I didn't lose weight. DianeBottom Line at Razalean We were not impressed with Razalean results or reviews. There are some potential side effects of this product. We were disappointed that they did not provide any clinical trials to support their claims even though they say more than a decade was spent researching it. You have options when you are ready to lose weight. Some apps can change the way your brain thinks about diet and exercise for permanent weight loss. Among the best in lifestyle programs is one called Noom. With Noom, you partner with a coach to help you navigate the program. Through training and repetition you will learn how to eat better and manage life's struggles so that you can naturally lose weight and keep it away. For a limited time, Dietspotlight readers can access a free trial offer by Noom to see just how different this program is! Read more About Noom » Razalean is a fat burner and appetite suppressant that is advertised as the number 1 consumer rated weight loss pill. It has a 97% rearrangement according to the official website. Read the review to find out if it really worksRazalean is a diet pill distributed online. It is sold with a lot of hype. The manufacturer makes a lot of big claims but gives no evidence to back them up. For example, they claim it's #1 Diet Pill for 2019. They also say (87,000+ Customers Can't big question is, who is rating this diet pill #1? As for the 87,000+ customers, we just have to take the manufacturer's word for it. POSITIVEA good set of ingredientsSening natural formulaSome good customer reviewsResponsible seems to be legitimateNEGATIVESNot much in the way of customer reviewsIngredient profile not completeProduct suffers from over hypeBefore and after images can be fakeSUMMAIt is difficult to review RazaLean correctly given it's web presence (or lack of). There aren't that many unbiased customer reviews. When there is more data on Razalean will recur. For this reason, we suggest customers pick an alternative weight loss product. Recommendation Option: There are several fat burners that will dominate in 2020. The multi action, multi benefit supplements have proven to be the most popular with both men and women. PhenQ is the market leading high-strength fat burner that can also reduce appetite. The official website also says it took manufacturers 19 years to develop the product and 40,000 hours spent in research. Again, we have to the manufacturer's word for it. So there's a lot of hype going on. There is nothing new in the diet pill industry. Hype is no reason to condemn a product. The only thing that matters is whether it can deliver the goods or not. The question is, can this one do it? I started this review with an open mind. Read on to see what I found out and learn the truth about Razalean.Razalean is maximum strength supplements that contain 60 caps in each bottleWho does RazaLean? Who makes Razalean? There's no way to know. This information is not available on the official website. Sometimes it is possible to identify manufacturers through the information provided on their website terms page. The on-site privacy policy may also be useful in this regard. Unfortunately, razalean site does not have any page. It's rare to find a website that doesn't have these important pages. Their omission is a problem in itself because potential customers have no way to know if and how the data they provide can be shared. It also means that they buy blind because the terms of sale are not specified. The Razalean site doesn't have an about us page either, although the site doesn't specify the team made up of three people. Recommended article: Top fat loss products revealed - click hereMade in USA? The site also says that the tablets are made in the United States. That's great but what people really need to know is who's behind the product. Sometimes companies shop under the name of their products. This is unlikely to be the case here. The Better Business Bureau (BBB) has no data on a company called Razalean. Nor could I find data about a company with that name registered elsewhere. The small print at the bottom of Razalean in Utah, so I checked it out. It turned out to be a mailbox in a UPS store. Advertised Benefits of RazaleanApparently, pills contain a 3 in 1 formula that offers support as follows:Maximizing metabolismBoosts energy levelsSignificantly reduces stomach sizeThese are the three benefits that appear at the top of the sales page. Lower down the page, it says the product is a powerful thermogenic as well. If you scroll down the page a little further, it says Razalean blocks fat production as well. Then there is a statement about pills packing the power of several weight loss products. It's almost as if the people behind this product are trying to stand up to some of the leading brands. How Does Razalean Work? This is clearly not a 3 in 1 formula. It offers more mechanics of action like 3 – so manufacturers could be guilty of under the hype on this occasion actually, that's no bad thing. When you are trying to lose weight, the more help you get the better. Let's take a look at the main claims and see why each individual benefit is important. Faster MetabolismMetabolism is the name of certain chemical processes that occur at the cellular level. More specifically, metabolism extracts energy from food and uses it to drive biological functions of a physical activity. Metabolism does not have a set speed. It may vary. For example, when we sleep or relax, metabolism is slow because the demand for energy is so low. During intense exercise or other strenuous activities, the demand for energy is higher, so metabolism increases. Some ingredients have the ability to increase metabolism across the board. By doing so they cause the body to use slightly more energy while at rest and during activity. When used in conjunction with a diet that is low enough in calories, metabolism boosters increase the energy deficit currently in the body. This results in a greater need for fat loss. Most diet pills are designed to provide a faster metabolism. Extra EnergyA low calorie diet should be at the heart of any weight loss plans. It is the first important key to a diet success. This type of diet causes calorie deficiency which is necessary to make the body need to burn its fat. Unfortunately, it can also cause feelings of listlessness and diet-related fatigue. While this is an undeniable problem dieters often face, it can seem quite strange. The body still has energy available, after all. It gets it from fat. So why this kind of fatigue raise its ugly head? The problem is, getting energy from food can be faster than recovering it from stores of body fat. Many diet pills contain caffeine or other stimulants to make up for this. They may also contain ingredients that improve lipolysis, thereby relieving the breakdown Bodyfat. Increasing ThermogenesisThermogenesis is a biological process that causes it to start losing energy in the atmosphere like heat. Like other biological processes, thermogenesis is ongoing. During exercise, thermogenesis increases. Some ingredients increase thermogenesis as well. Ingredients that can do this, along with the products that contain them, are known as thermogenic fat burners. Blocks Fat ProductionSome ingredients seem to have the ability to interfere with the body's ability to store excess energy like fat. The fruit garcinia cambogia has a good reputation in this regard. Don't expect miracles though. Ingredients that block fat production can help with weight loss when used in conjunction with a low-calorie diet. They won't help you eat like a pig without fattening up like one too. How to use RazaleanDosen is one capsule per day. If there are no tolerance problems, this can be increased to two capsules per day. No other instructions are provided. Ingredient ProfileThe Razalean website lists 10 ingredients. There is no way to know if these are the only ingredients that the product contains. The good news is, many of the ingredients have value. The bad news is that there are no integration rates. If the amounts involved are too low, the product may not work. The 10 ingredients are:Cayenne PepperCaffeine 3X Energy MatrixKelpApple Cider VinegarL-ArginineTurmeric Root ExtractRhodiolaGarcinia CambogiaRaspberry KetonesGreen Coffee Bean ExtractA Look at the formulation in detail (What the Ingredients Do)Cayenne PepperCayenne is a species of red pepper. There is no way to know if it is held back by a low degree of integration, but cayenne is one of the best natural fat burning ingredients you can get. It achieves this by increasing metabolism and improving thermogenesis too. (SOURCE) Although it is best known for its fat burning capacity, cayenne acts as a hunger suppressant as well. Caffeine 3X Energy MatrixCaffeine is a common diet pill ingredient, but not in this form. According to razalean sales page, the matrix is superior to other forms of caffeine. It also says this special combination provides a longer and steadier experience without the crash. There is no evidence that this is the case. Apparently, it is a mixture of caffeine anhydrous, caffeine citrate, and caffeine extracted from green tea. Caffeine anhydrous is a potent caffeine powder that gets to work fast. Lots of diet pills contain it. However, caffeine citrate is another kettle of fish. It is not normally put in formulations of this kind. It is a medication that is generally used for the treatment of infants with breathing difficulties. [SOURCE] Caffeine from green tea is exactly what it sounds like and is unlikely to work too differently to caffeine anhydrous. If the purpose is to provide longer life benefits, guarana would probably achieve this better than the matrix because extracts from berries caffeine so slowly. It is difficult to say why this particular would reduce the risk of a crash. A combination of caffeine and L-thiamine would likely offer superior results. KelpKelp is naturally high in iodine. The thyroid gland uses it to manufacture the hormones T3 and T4. These hormones are responsible for controlling metabolism. [SOURCE] If your diet is low in iodine it can cause your metabolism to slow down. This can lead to weight gain. A slow metabolism will also make it harder to lose weight. But unless your diet is iodine deficient, kelp in Razalean is unlikely to have much to offer. Apple cider vinegarAppercider vinegar is said to have many virtues. An ability to support weight loss is one of them. But despite the fact that many celebrities swear by it, there is only a limited amount of evidence to show that it works. L-ArginineL-arginine is an amino acid that increases levels of nitric oxide in the body. This relaxes blood vessels and improves circulation. It is an ingredient that is more common in sports supplements. Turmeric Root ExtractTurmeric provides curcumin, which can help increase energy levels and is sometimes used as an alternative to caffeine. Curcumin also reduces inflammation. It's a good ingredient. However, the body has difficulty processing curcumin. Even when taken in high doses, very little is absorbed. Due to bioavailability issues, most knowledgeable supplement manufacturers combine it with piperine. Doing so can increase curcumin absorption by 2000%. There is no piperine in the Razalean.RhodiolaAn adaptogen herb that can help to revitalize the body and delay inscribed by fatigue. Nootropic supplement manufacturers often use rhodiola rosea in their products because, among other things, it can sharpen the mind and improve concentration. Garcinia CambogiaGarcinia cambogia is a tropical fruit. The extracts used in diet pills come from the shell. It provides hydroxycitric acid (HCA). HCA supports weight loss by providing appetite control. It also seems to be able to deter the body from making fresh fat deducts. Raspberry ketonesThis is the compound that gives raspberry fruity scent we all feel and love. It has gained a good reputation as an appetite suppressant and can further support weight loss by improving fat loss. It achieves this by increasing adiponectin levels. Adiponectin is a protein hormone the body uses to break down fat. The best raspberry ketones come from fruit and it is an incredibly expensive ingredient to use. There is a synthetic version that is cheaper so many manufacturers use this instead. The synthetic version is much inferior to that taken from fruit. It is unclear which version is used here. Green Coffee Bean ExtractGreen coffee beans provide chlorogenic acid. Most people associate this natural compound with fat loss, but it has a different virtue as well. Chlorogenic acid helps maintain normal blood sugar and doing, it can prevent after eating blood sugar spikes and crashes that can trigger urges to eat carbohydrates and sugary foods. Razalean Reviews from CustomersRead the official Razalean website state 87,000+ customers can not be wrong, the site gives only three short comments in its testimonial section. The site also provides four sets of before and after images. I find these particularly interesting. There are eight images in total. Four of them don't show the faces at all. The other four only show the faces from the nose down. It is impossible to be sure that the people posing for pre-photos are the same ones that appear in the after shot. It's also easy to see cell phones showing in pre-shots are not the same as shown in after shots. How often do people change their cell phones these days? I'll let you answer that question yourself. When I searched the internet for unbiased customer reviews posted on reliable sources I couldn't find any. Does Razalean Cause Side EffectsThe Razalean website states there are no side effects, but pills contain three forms of caffeine in unspecified amounts. High doses of caffeine have the potential to cause side effects such as nervousness and headaches. A user airing her complaint via a consumer complaint website indicated the pills gave her migraines. Because of this, and due to the fact that the formulation contains quite a lot of ingredients in unknown quantities, it would be wise to seek a doctor's advice before using this product. Does Razalean Work? There is no way to be sure the Razalean website provides a complete list of ingredients, but some of those mentioned are capable of providing the kind of benefits promised for Razalean.However, although the site describes them as exotic most of them, such as garcinia cambogia and cayenne, are diet pill regulars. The problem is that the degree of inclusion is not disclosed. There is no way to know if the doses are high enough to deliver good results. The lack of feedback from customers is also a problem. If there was plenty of positive feedback available on reliable sources, it would be a point in the product's favor. Unfortunately, it does not exist. Then there is the lack of information about the manufacturer. Buying Razalean will be a bit like dealing with the invisible man. All in all, there are more reasons to avoid this product than there are to buy it. This is a real shame because we really wanted to like this productAlthough it is quite possible it can offer some level of benefit, it is just as likely that it can not. It is a long shot with the information we have at our disposal at the moment. If you want to bet and win, there are better options available. Where to buy RazaleanRazalean is exclusive to the official website. Each bottle contains 60 capsules and will be for 30-60 days, depending on whether you one or two capsules per day. At the time of this review, a single bottle of Razalean costs \$69.95.That is similar to what you would pay for a top diet pill product that PhenQ.Is it a GuaranteeRazalean sold along with the promise of a 60-day money back guarantee. Sixty days is good, but will the company honor it? I found a post on a consumer complaints website that is not confidence building. (FAQ'sWho is Razalean for? It is for adult users (over 18) who need a product to help them lose weight. Is Razalean an appetite suppressant? The official website does not list appetite suppression as a primary feature, but some of the ingredients can control hunger. They will only do this if the degree of inclusion is high enough. Unfortunately, there is no way to find out whether the wording contains enough. Is diet and exercise necessary? Some people have health issues that make it difficult to exercise, but a low-calorie diet should be at the heart of any weight loss plans. Health allows, getting more exercise will help speed up the resultsIs it safe to use Razalean during pregnancy? Unless your doctor tells you otherwise, you should not use any kind of supplement while you are pregnant or when breast-feeding a child. Recommended article: We have tested the market leading fat loss supplements and listed the best products. Find out which supplements are the highest ranked Steve Calvert (CPD Certified in Nutrition for Weight Loss) Steve is an experienced author and researcher with a wealth of knowledge and expertise in the fitness, nutrition and weight loss sector. He has a background in bodybuilding and martial arts and continues to use a combination of exercise and healthy eating to stay in shape. Steve has reviewed hundreds of supplements since 2012. He is very careful and methodical in his approach and understand the weight using properly dosed ingredients. Interactions with LinkedInReader interactions

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