Fat Burning Nutrients

Clinical studies have found that many people lack the proper nutrients to burn fat efficiently. These findings are cited in major medical journals including The American Journal of Clinical Nutrition, The International Journal of Biochemistry, The New England Journal of Medicine and Current Therapeutic Research.

The following 8 nutrients are critical in enabling the body to burn fat:

- 1. L-carnitine,
- 2. chromium picolinate,
- 3. choline,
- 4. inositol,
- 5. biotin,
- 6. pancreatin enzyme,
- 7. betaine enzyme
- 8. vitamin B6.

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