

This is much more than your typical run of the mill weight loss pill.

Rosa Acosta's Lean Physique is here to change the industry:

Details: Rosa Acosta's Lean Physique contains pharmaceutical grade dose of key ingredients that synergistically increase thermogenesis, significantly improve mood, increase reaction times...especially when you're tired, enhance cognitive performance and or brain function, suppress appetite, and overall improve athletic performance in the realm of speed, power, muscular torque, and work capacity. And that's only the tip of the iceberg! This Innovative product is loaded with powerful nootropics that are capable of crossing the blood/brain barrier and not only increase mental focus and clarity but also increase the ability of the right and left sides of the brain to communicate which in turn increase the creative thought process and higher quality work output.

Whether you work in front of a computer all day and could simply benefit from a few more hours of clear mental focus to accomplish a task or are a student studying for a major test .Or need motivation just to get through your training and to help shed a bunch of pounds off the belt line as an added bonus, work the graveyard shift and need a pick me up that will last a good 10-12 hours so you can get more out of your day. A gymrat or veteran competitive Athlete trying to shred off those last couple of unwanted pounds. Motivation is the one supplement that can solve all your needs.

Here is in short how Lean Physique works:

1-It increases mental focus and thought process for faster reaction time to deal with adverse circumstances in the gym or the work place. So now you are much more energized and motivated to do your work outs and deal with everyday problems outside of the gym.

2-Reduces appetite so you will eat less, It will also reduce cravings greatly so when you do eat you will not binge on sweets or carbohydrates.

3-By eating less and doing more you will cause a caloric deficit which is the perfect scenario for fat loss. Notice we said fat loss not weight loss. There is a very important difference between the two. Fat loss is what we all want, trust us on that.

4-The ingredients in Lean Physique also act as mild diuretics to remove excess water and bloating from underneath the skin and abdominal area in women which in turn reveals more defined and tighter midsection and overall appearance.

Active Ingredients: Sulbutiamine : Sulbutiamine is a synthetic derivative of thiamine which can cross the blood-brain barrier much more effectively. Sulbutiamine provides a mild stimulating effect when taken, **and is often used for improving mental stamina increasing memory and brain function.**

Yohimbine HCL: Because Yohimbine is a Central Nervous System stimulant, it increases your energy, focus, and elevates mood. Start with a 2.5mg dose to assess your tolerance. If you feel little to no effect, then take .1mg per kilogram of bodyweight. If you still feel little to no effect, then increase your dosage to .2mg per kilogram of bodyweight. Yohimbine HCL also increases blood flow and sensation to the genital area of both men and women.

Caffeine: They've been studying caffeine (again!), and this time, the news is all good. Once maligned as all-around bad for you, the lively substance has now been given a clean bill of health by ... well, everyone: the U.S. Food and Drug Administration, the U.S. Surgeon General, National Academy of Science, American Medical Association, American Academy of Family Physicians, National Cancer Institute,

The Centers for Disease Control, American Cancer Society, National Research Council on Diet and Health, International Food Information Council, the Framingham Heart Study, the Association of Women's Health, Obstetric and Neonatal Nurses, and scores of researchers.

Let's keep this one short and simple, if you have drank coffee you know the effects of caffeine as far as energy. As a fat burner however it serves many functions such as increasing free flowing fatty acids from your fat stores allowing you to access fat instead of carbohydrates or lean muscle for energy. If you have a bit of stubborn body fat, a bit of caffeine right before working out can help you isolate it. If you do chose to ingest caffeine before working out, make sure and make the most of your workout. Push hard! Also...drink a bit of water, because caffeine is a slight diuretic and you don't want to get dehydrated.

Synephrine HCL:is an adrenergic amine that stimulates beta-3 receptors, allowing for the release of adrenaline and noradrenaline, and at the same time minimally impacts other receptor sites.* This means synephrine supports a fast metabolic rate with minimal affect on heart rate or blood pressure, as opposed to caffeine or other stimulants.

Hordenine HCL:hordenine is a naturally occurring compound found in grasses, grains and a few species of cactus. Hordenine is related to the amino acid tyramine, which can be found in certain longer standing foods like aged cheese and ripe avocados. Hordenine is classified as a stimulant that may promote weight loss,because it is a central nervous system stimulant, Hordenine is thought to fuel the body in a way that leads to enhanced metabolism.

Phenylethylamine(PEA): What is Phenylethylamine?

Phenylethylamine, or PEA, is a neuromodulator, which is responsible for the transmission of norepinephrine and dopamine. This chemical is abundantly available in chocolate, and is also a mood enhancer.

PEA is also known as the “love drug”, and is the primary reason why chocolate is considered an aphrodisiac. This is a much more efficient

way to experience the mood enhancing properties of chocolate without the fat and extra calories.

Phenylethylamine Effects: Besides enhancing mood, phenylethylamine also elevates mental alertness because it releases acetylcholine, which supports memory and cognitive skills, such as concentration.

3,7-dimethylxanthine(Theobromine): In a purer form than it is found in chocolate, Theobromine also has a fairly strong diuretic effect, and as such can be safely used in order to reduce levels of water in the body to lose weight and reduce bloating for body builders who want to get ripped before a competitions.

There are benefits for people of all ages from taking Theobromine, as a supplement, and it allows you to enjoy all the energy boosting and positive mental aspects of eating chocolate with none of the high calorie and high fat drawbacks.

Difference between caffeine & Theobromine: Unlike caffeine, theobromine has three methyl groups instead of two, and the presence of an additional methyl group slows the clearance of theobromine from the body. Thus, theobromine is a longer acting substance than caffeine.

Although theobromine is related to caffeine and exerts similar effects, theobromine does not affect the body through central nervous system stimulation. Instead, it induces muscular relaxation of the smooth muscle tissue. However, the presence of an additional methyl group increases its half-life and slows system clearance - thus making its effects longer lasting.

Benefits & Uses:

Perhaps the best known effect of Theobromine is as a vasodilator, and it is regularly prescribed by doctors in order to relieve the symptoms of angina pectoris. It works by acting on the nerves in the veins, and causing them to relax in order to allow more blood to flow. For this

reason, combined with its mild stimulating effect, Theobromine offers benefits to endurance athletes, and will allow them to work at a high intensity for much longer than otherwise

Picamilon Effects:

The main method of action for Picamilon is surprisingly straightforward. The supplement is able to cross over the blood-brain barrier (thanks to the addition of the Niacin) and then enter into the central nervous system. Once this happens, the supplement itself is hydrolyzed into its two main components, GABA and Niacin. This then leads to each exerting their own individual effects.

GABA, as a supplement, is considered to be the chief inhibitory neurotransmitter within the human body. This means that it works by helping to calm down nerves which have become 'excited' and are firing, sometimes in a continuous or uncontrollable fashion. This leads to an anti-stress and anti-anxiety effect. The Niacin is thought to act as a strong vasodilator, which means that it improves blood circulation to the brain, possibly useful in the treatment of migraine headaches. One of the effects of Picamilon associated with this increased blood flow is that the brain starts to receive more oxygen and glucose which are they two principle ingredients it needs to produce energy.

Picamilon Benefits:

Picamilon affects many different processes within the brain in a beneficial manner. It is known to produce greater powers of memory, enhance users' concentration and attention, and even increase attention span and speed of memory recall. It is also said to cause greater clarity of thought, enhance motivation and productivity, and even reduce the impulsiveness of actions.

Additional benefits of Picamilon come from the fact that GABA is the neurotransmitter tasked with calming down an over-active brain. General Anxiety Disorder is a condition in which neurons are overly stimulated, resulting in repetitive thought patterns and a fixation on negative thoughts. When using Picamilon, these symptoms can be dramatically reduced. As neurons and nerves within the brain fire continuously, GABA restricts these actions and produces a mild sedative effect. This helps to relieve stress and lower anxiety levels.

Picamilon is also able to increase cerebral blood flow. With this increased blood circulation, more glucose and other nutrients are delivered to the brain. This also

has an anti-oxidant effect on the brain, helping to remove toxins and poisons that build up in the brain cells. It is also quite likely to lead to improved energy metabolism within the brain. This is also part of the reason for the higher levels of concentration, alertness, and mental stamina mentioned above.

There is also evidence to suggest that Picamilon may be effective in the treatment and prevention of diabetic neuropathy. This is a condition which is marked by nerve damage that results from diabetes related elevation in blood sugar levels. It may also be effective in treating a condition called hypokinesia which results from a lowered number of active GABA receptors and is marked by decreased bodily movement.