

# Ketones

## Raspberry Ketone and Green Coffee Bean Supplement Review



raspberry ketones and green coffee bean extract

It's that time of year where everyone starts thinking about their upcoming summer holidays. The clocks have gone forward for the spring so the nights are staying lighter for longer and there's that feeling in the air of a fresh start and making changes and really starting to refocus and motivate yourself to pick up those slightly forgotten new years resolutions!

I'm no different! It's really difficult to keep on track when all you want to do is hunker down on the sofa with a blanket and watching Netflix boxsets back to back instead of hitting the gym hard! I've been feeling really sluggish after taking some time off from exercising due to being unwell and now it's time to kickstart and as part of this I will be using some Raspberry Ketone and Green Coffee Bean supplements to help keep my energy levels up and to help store less fat! I will be trialling these over the next month and will be updating and reviewing on my progress.

So firstly let's talk about the benefits of **raspberry ketones and green coffee beans**! These supplements are designed to balance blood sugar levels and boost general health and wellbeing. The raspberry ketone extract is claimed to help cause the fat within cells to break down more effectively and therefore helps the body to burn fat quicker. Raspberry ketones also help

to increase levels of adiponectin, a hormone which helps regulate metabolism.

The second bit; green coffee bean extract also works alongside the raspberry ketones by providing an active ingredient called chlorogenic acid. This is believed to boost metabolism by up to 11%! It also reduces the absorption of carbs and lowers blood sugar levels and spikes in insulin.

So it's fair to say that combined the benefits of both the raspberry ketones and the green coffee bean extract should assist a well balanced diet and regular exercise to achieve weight loss goals.

It's really important to remember that there is no such thing as magic beans and these are a supplement to assist. A healthy and active lifestyle combined with a clean diet is key and these should give you the extra help along the way, and will help your body to stay fuelled with the energy need for all of the exercise!

I will post before and after pictures in 4 weeks time and then you can be the judge of whether or not these raspberry ketones and green coffee bean extract supplements are worth while.

If you've tried them before, why not share your experience of them!

Love Roo xx

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