

dotFIT™ ThermAccel™

ThermAccel is formulated to deliver a “better stimulant effect” when compared to competitors and increase thermogenesis (wasting calories as heat) by combining a new energy complex with caffeine and caffeine-containing herbs. *ThermAccel* also addresses appetite control by incorporating two powerful natural ingredients, *Caralluma fimbriata* and *LeptiCore™*, that work through unique body fat regulation pathways. *ThermAccel* works through different and complimentary weight regulation mechanisms than *FatReleaser™* and *CarbRepel™*, making it ideal for cycling or use by itself, especially for people needing appetite control who do well with a stimulant approach to a body fat/weight reduction program.

Rationale

Caffeine has been shown to increase energy expenditure (EE) approximately 3-5% in the first 2.5 hours after ingestion.¹ Comparable increases in EE have been shown with Epigallocatechin gallate (EGCG) in human subjects.² Combining caffeine and EGCG together may have a synergistic effect on 24 hour EE.³

Respiratory quotient is lower in subjects who consume EGCG which indicates greater fat oxidation. According to Dulloo et al, fat oxidation accounted for approximately 42% of the total calories burned over the course of 24 hours in the EGCG group compared to the placebo (32 percent) and caffeine (34%) groups.²

New thermogenic complex (Caffeine, Yerba Mate, Guarana seeds, Green tea leaf extract and Cayenne fruit) are uniquely combined to increase the user’s total daily calorie burn by increasing thermogenesis (increasing metabolism through wasting calories/fat as heat) and by stimulating a desire to increase physical activity through enhanced alertness and stimulation of the central nervous system. Caffeine and caffeine-containing herbs have also demonstrated a positive effect on appetite suppression and fat oxidation.^{1,4,5,6}

Epigallocatechin gallate (EGCG) from Green tea has demonstrated antioxidant properties, a potential to destroy fat cells⁷, increase overall energy expenditure⁸ (especially in the presence of caffeine) and has shown positive effects on fat oxidation.^{5, 9,10,11,12,13}

Figure 1: studies show at least a 10% increase in 24 hour EE or equivalent to 157 more calories burned in the caffeine/EGCG group (Average subject's weight 173 lbs).

Figure 2: in the same study approximately 20 more grams of fat was oxidized by the supplemented group daily.

Capsaicin from Cayenne fruit can stimulate sympathetic nervous system (SNS) activity, promote the secretion of catecholamine (epinephrine and norepinephrine, which increases metabolic rate¹⁴ and temperature¹⁵), and has been shown to increase the expression of the uncoupling protein¹⁶ (UCP) in many tissues leading to an increase in wasting calories as heat.

dotFIT™ proprietary complex includes * LeptiCore™, which is a new, safe and natural complex of plant-based polysaccharides and esterified fatty acids that has demonstrated ability to reduce stored body fat^{17,18,19,20,21,22,23,24,25,26} and enhance weight loss in recent scientific findings.^{27,28,29,30} Proposed mechanisms are the complex's ability to interact with the signaling between the brain, adipose tissue and liver to help control leptin, a hormone that regulates body fat storage. Additionally, the swelling-soluble properties of the complex may have a prolonged satiating effect thus reducing caloric intake. In the study conducted at the University of Connecticut, the supplemented group lost 92% more weight than the placebo.³¹

Figure 3: In an eight week period with all things equal, the Loleptin group lost ~8.5 lbs more than the placebo group or 92% more weight.

Caralluma fimbriata (CF) is a natural extract from an edible succulent cactus that has a long and safe history of use as an appetite suppressant³² much like the supplement Hoodia gordonii.^{33,34, 35,36,37} Unlike Hoodia, CF has been researched for safety and efficacy, producing positive results. Potential mechanisms of action include the fact that CF contains pregnane glycosides that may suppress appetite

by amplifying the signaling of energy sensing functions in the brain (hypothalamus).³⁸ Additionally, CF may act much like another common appetite suppressant, hydroxycitrate (HCA), by blocking citrate lyase. This prevents fat accumulation and redirects extra energy/calories to glycogen stores, which would also improve signals of satiety.

L-Theanine: Theanine is the major amino acid found in green tea.³⁹ Green tea contains one to three percent theanine.^{40,41} It has historically been used for its relaxing and anti-anxiety effects.⁴¹ It may lessen the jitteriness effect common with caffeine-containing supplements.^{42,43}

Supplement Facts (2 tablets)

Supplement Facts	
Serving Size: 2 Tablets	Servings Per Container: 60
Amount Per Serving	% Daily Value
LumaThin™ Caralluma Powder	520 mg **
dotFIT™ *Proprietary LeptiCore™ Complex (Acacia Polysaccharides, Esterified Fatty Acids, Pomegranate Extract, Aphanizomenon Flos-Aquae Extract and Beta-Carotene)	310 mg **
L-Theanine	100 mg **
ThermoShock™ Thermogenic Complex Green Tea Extract (providing 270 mg EGCG), Caffeine (providing 350 mg of caffeine), Yerba Mate Powder, Guarana Seed Powder and Cayenne Fruit)	1000 mg **
** % Daily Value not established.	
Other Ingredients: Calcium Phosphate, Povidone, Sorbitol, Croscarmellose, Stearic acid (Vegetable source), Magnesium Stearate (Vegetable source), Silica and Hydroxypropylmethylcellulose.	

Typical Use

- For anyone seeking a stimulant with extra appetite control
- For people who need a serious multiple pronged approach to weight control including a strong stimulatory effect to help increase metabolism
- Do not use if taking heart medications
- Do not mix with other stimulants
- Discontinue after reaching body fat reduction goal
- Take 4 tablets daily, 2 at breakfast and 2 with lunch with at least 8-oz of water

Precautions

ThermAccel contains moderate doses of stimulants and should not be used by those seeking to avoid stimulants.

Contraindications

ThermAccel is contraindicated for pregnant and lactating women and those under the age of 18.

Caffeine is contraindicated in hypertension, anxiety and thyroid disease. Caffeine can interfere with some medications such as lithium and MAO inhibitors. Caffeine is also contraindicated in those with cardiac arrhythmias, other forms of heart disease and peptic ulcers.

Adverse Reactions

Caffeine use may result in diuresis (increased water loss, usually in non-users) and insomnia when taken late in the day. Numerous studies on the safety of caffeine exist. Caffeine abuse can cause tension, anxiety, excitability and restlessness at doses over 400 mg at one time. Doses over 1000 mg at one time can elicit toxicity symptoms.⁴⁴ Because *ThermAccel* has 130 mg/serving, adverse effects may occur in sensitive individuals. Taking *ThermAccel* with other stimulants is not advised. **Caralluma fimbriata** is safe at the amounts found in *ThermAccel*.³²

Upper Limit/Toxicity

None of the compounds in *ThermAccel* approach toxic levels. Doses of caffeine should not exceed 1000 mg/day.

Summary

Purpose

- *ThermAccel* is probably the most powerful of the weight loss products based on its stimulatory effect combined with two relatively well-researched new additions that target appetite control and potentially enhance fat cell signaling
- The combination of ingredients in *ThermAccel* is unique to dotFIT™ and delivers a multi-tiered attack on body fat

Unique Features

- The proprietary thermogenic blend delivers an enhanced and superior stimulatory effect when compared to other products
- Formula and recommendations are proprietary to dotFIT
- Can be used alone or as part of the dotFIT *90 Day Weight Loss Solution*
- The tiered approach is designed to aggressively attack the final desired outcomes
- *ThermAccel* contains LeptiCore™, which has been awarded the patent and claims listed below*
- *ThermAccel* will deliver all the ingredients by means of a two-stage technology involving microspheres and macrospheres, providing immediate and prolonged activity for the entire day
- Manufactured in a FDA registered facility, in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT, LLC

*Products containing LeptiCore™ from Pipeline Nutraceuticals, Inc. have the attached rights of employing the patent number on labels and brochures. At efficacious levels, suggested structure-function or marketing statements may include the following:

- Assists in promoting fat loss (supported by US Patent 6,899,892)
- Assists in promoting a lower percentage of body fat (supported by US Patent 6,899,892)
- Promotes the reduction of stored fat by increasing fatty acid utilization in the fat cell
- Promotes the reduction of fat and an enhanced muscle-to-fat ratio
- Promotes the regulation of energy balance allowing for improved mental energy

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