

COFFEE SLENDER

- ✓ An instant coffee that tastes like regular coffee.
- ✓ Contains chlorogenic acid that reduces the absorption of glucose.
- ✓ During a study performed at the University of Maine in the USA the participants lost an average of 1,5 kilos during a period of six weeks.
- ✓ Is sold in health food stores. A box containing 21 sachets costs 149 SEK.

BEVERAGES THAT MAY HELP YOU LOOSE WEIGHT

- GREEN TEA: Contains caffeine and functions like an anti oxidant. Increases the temperature and thus the metabolism in the body.
- VINEGAR: Acids makes the feeling of fullness last longer and slows down the increase in the blood sugar.
- REGULAR COFFEE: Contains caffeine that increases the temperature in the body.

By Drinking Coffee, Kerstin “Renewed” Her Body ...and lost 15 kilos by trying out a new brand

Kerstin Olsson, aged 52, from Hör, Sweden, lost 15 kilos during 6 months and owes it all to the coffee with the slimming effect.

- I have stopped nibbling between meals because the coffee has reduced my need for sugar, she says.

The Norwegian developed coffee, Coffee Slender, contains chlorogenic acid, which stabilizes the sugar level in the blood and reduces the cravings for sugar, thus resulting in a weight loss.

“Brews” herself a slimmer body.

It is obvious that chlorogenic acid has an effect on the absorption of sugar in the intestine. The body weight may be reduced with one kilo each month, Erling Thom, Pharmacologist and Biochemist at Medstat Clinical Research Centre in Oslo, Norway, says.

Fredrik Paulùn, expert on nutrition, agrees on the effect chlorogenic acid seems to have on the absorption of blood sugar in the intestine.

- The substance helps to reduce the GI-level in the body, he says.

Loves Coffee

Six months ago, Kerstin Olsson weighed 95 kilos. Kerstin, who loves coffee, drinks several cups each day and was advised to switch her regular coffee with Coffee Slender from the health food store in order to loose weight. At the moment she weighs 80 kilos.

- Three cups each day has contributed greatly to my weight loss of 15 kilos. Coffee Slender has a rather intensive and particular taste, but you’ll get used to it after a little while, she says.

Professor Stephan Rössner, specialist on weight reduction at Karolinska Sjukhuset (a hospital) in Solna, Sweden, says that the coffee itself reduces the appetite.

-The caffeine in this coffee increases both the temperature in the body and the metabolism, but there are better ways to loose weight than to place your trust in coffee, he says.

LIGHTER Kerstin Olsson, aged 52, from Höör in Sweden, lost kilos by using the new coffee with a slimming effect. “Three cups each day has contributed greatly to my 15 kilo weight loss during six months”, she says.