

Cytolean™ - Get “Wired In” To Your Weight Loss Plan

There are already a lot of very good fat loss/thermogenic/stimulant products in the sports nutrition market place. On top of that, “fat loss” has got to be the most competitive segment of our industry as virtually every company has a proprietary thermogenic/stimulant capsule or tablet that works fairly well and is not too expensive. So when Rich Gaspari asked me to reformulate Gaspari Nutrition’s 3rd Degree Burn™ fat loss product to make it “the greatest fat loss product” I had to be a total straight shooter with the former IFBB champion. Initially, I was very much against this idea – 3rd Degree Burn™ is a great product that never really took off the way we expected it to because of a lack of advertising or any clinical studies. I thought Rich was not being fair about this or realistic. My salient points to Rich were:

- *You never really gave 3rd Degree Burn™ the chance it deserved.*
- *The difference between a “very good” product in this genre and a “truly great” product in this genre is going to mean a significant increase in the cost of materials to make it – and I am not sure most consumers are willing to shell out the bank for a product that might be 50% better than the competition if the price is 100% higher.*
- *There are a wide variety of people who use fat loss agents for a wide variety of purposes. A product that would be very effective for a 5’2”, 125 pound woman looking to lose 15 pounds of fat is not going to make a 6’2”, 275 pound guy looking to lose his love handles even crack a sweat. On the other hand, a product that makes the 6’2”, 275 pound guy get quite heated up might be dangerously overwhelming for a small woman. And this does not even factor in the people taking these products for non-weight loss purposes – to study, to stay awake, whatever.*
- *The FDA has managed to put the kabosh on a lot of compounds that our industry formerly utilized in this arena and coming up with competitive substitutions for these icons will be neither cheap nor easy.*

Rich Gaspari is a stubborn man. That’s all I am going to say about that! Once he gets an idea into his head to do something it’s essentially futile to try to make him see “reason.” And Rich’s idea now was to have me design a fat loss type product that would absolutely tower heads and shoulders above the competition. This was a tall order indeed!

I’ll be honest. I shelved this idea for more than a year. I threw out every excuse and type of flack possible NOT to reformulate 3rd Degree Burn™ and worked on Halodrol Liquidgels™, PlasmaJet™, Thermogenic Thyrotabs™ and a whole host of other ideas. Finally, I did run out of excuses and the “big man from Jersey” told me point blank that “we gotta get this new fat loss product done and it has to absolutely destroy the competition to the point where the people buying and using it compare it to the fat loss products we had back in the 1980’s and 1990’s.” Rich always likes to make my life as difficult as possible and set next to unreachable goals (and deadlines!). Thanks Rich. I love you man... in a genially, brotherly, hetero type of way of course!

Amphetamines –

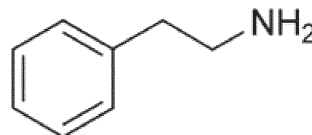
The Best Fat Loss Product and We All Know It!

I think that headline says it all. Look, I can sit here and try to make a case for all these herbs that are PPAR/vanilloid receptor modulators, effectively interfere with lipogenesis or the absorption of fats from the gut or even the migration of fatty acids into fat cells from blood until I am blue in the face. No doubt about it, these type of things are really helpful and can make some difference in weight loss. But like it or not, the most effective fat loss agents EVER are amphetamines or more precisely, “sympathomimetic amines.” The best weight loss “drugs” are things like phentermine resins, benzphetamine, biphentamine, phenmetrazine, and diethylpropion. All of these are quite effective for short term weight reduction and everyone (including the medical profession and pharmaceutical industry) absolutely knows this AND PROFITS HUGELY from this fact. Yeah, sure some of them have “addiction” potential. I realize writing such may not make me “politically correct,” but I tell it like it is – ever seen a fat methamphetamine addict? Of course not! Even the sympathomimetic amines that used to be legal and available in supplements, like phenylpropanolamine/norsynepherine (PPA) and the ever controversial ephedrine/ephedra typically “smoke” anything that has come to the market since then. Who in their right mind would not agree with this? And so far, no decent replacements for either one of these ingredients has made its way into the supplement world. Until now that is!

Meet Beta-Phenylethylamine –

The “Backbone” Of All Decent Fat Loss Products - Legal, Prescription or Otherwise!

Beta-Phenylethylamine (B-PEA) is a naturally occurring compound (an alkaloid) that is found in chocolate, salami and blue-green algae in trace amounts (it is a trace amine). It is the chemical that in smaller doses causes the “feel good response” when people eat chocolate. In the human brain, B-PEA tends to function as a neuromodulator or neurotransmitter. B-PEA can also be made in vivo from the amino acid phenylalanine and possibly tyrosine by enzymatic decarboxylation. However, B-PEA is quickly metabolized by the enzyme monoamine oxidase (MAO), preventing significant concentrations from reaching the brain and causing a “euphoric” or “amphetamine-like” feel. Oh yeah, but “modifying” B-PEA, which just happens to be the chemical “backbone” structure for a lot of interesting “things” can compensate for this deactivating enzyme. What do I mean by “interesting things?” Glad you asked! I refer to a cornucopia of stimulants, hallucinogens, entactogens, anorectics, bronchodilators, and antidepressants sold all over the planet. It also is readily apparent to anyone versed in the art and science of chemistry that B-PEA can also be found as part of more complex ring systems such as the ergoline system of LSD or the morphinan system of morphine. Below is a table of “common named” compounds and what their “B-PEA” revised nomenclature truly is. It’s some heavy stuff to absorb but the key point is that I am not making any of this stuff up. It’s the real deal, folks. B-PEA that has been structurally modified with additional chemical functional groups at the phenyl ring, the sidechain, or the amino group (see below) include: Stimulants like the plant alkaloids ephedrine and cathinone and the synthetic drugs amphetamine (speed, benzedrine) and methylphenidate (Ritalin®); Hallucinogens like the plant alkaloid mescaline; Empathogen-entactogens like MDMA (ecstasy); Anorectics like phentermine, fenfluramine, and amphetamine; Bronchodilators like salbutamol and ephedrine; and Antidepressants like bupropion and even monoamine oxidase inhibitors phenelzine and tranlycypromine.



Structure of B-PEA