

# `System`! Lean Belly 3x Reviews 2021: Do Beyond 40 LeanBelly 3x Weight Loss Pills Work?

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Lean Belly 3X is an advanced belly-toning formula designed to support healthy body composition. Based on claims made on the official website and as mentioned in the AP News, this formula was created with over 40 in mind. Seeing that this demographic typically has the most challenges in balancing their hormones and ensuring that their organs function at peak levels, it only made sense to the team to help them out. With that in mind, let's now focus on the Lean Belly 3X formula.

**Click The Link Below to get 50% OFF on The LeanBelly 3x 2021.**



## How the LeanBelly3X works?

The tiny obesity enzyme present in the body triggers the fat accumulation as we age. This enzyme is LPL or Lipoprotein Lipase (LPL) that becomes the root cause of belly fat and AVAT (Acute Visceral Adipose Tissue). These enzymes sits on the fat cells and fills the fat molecules inside the fat tissue which expands for weight gain. This multiplication keeps on increasing as we gain more weight during aging. So the creator Shaun Hadsall came with the Lean Belly 3X supplement based on the concept of Asian Mortality Advantage (AMA) that comprises of CLA (conjugated Linoleic Acid) which can block the LPL and burns more belly fat. This CLA sends the fat to the tissue for instant burn for fueling the body and prevents fat storage to give you the slim body. It may also support controlling the diabetes, blood pressure, inhibiting cancer and artery plaque buildup. It is recommended to take 2 capsules with morning meals and 2 with dinner regularly. To ensure the confidence of the creator, there is a 100% refund policy insisted which gives you the results in losing weight or the investment back.



## How Does Lean Belly 3X Work?

Beyond 40 claims their supplement offers all of the following benefits:

- Accelerates fat burning
- Uses one of the most studied ingredients in the world
- Causes weight loss at any age
- Inhibits the growth of certain cancer cells
- Limits artery plaque buildup to reduce the risk of heart disease
- Decrease incidences of diabetes by controlling blood sugar

As mentioned above, Beyond 40 also makes unusual claims about its supplement that go far beyond what's advertised above. The company shares the story of a 60-year old grandma who took LeanBelly3X to eliminate symptoms of cancer, pre-diabetes, and menopause.

## Scientific Evidence for LeanBelly3X

Beyond 40 has not run any clinical trials, scientific studies, or other tests on LeanBelly3X. Instead, the company cites studies performed by third party researchers on conjugated linoleic acid (CLA) and safflower seed oil.

Beyond 40 cites this 2004 study, for example, which showed that healthy overweight adults who took conjugated linoleic acid for one year **reduced body fat mass**. A group of 180 male and female volunteers were split into two groups, with one group taking safflower oil and another group taking a placebo. Both groups followed a diet and exercise routine for one year and lost weight. After one year of CLA supplementation, there was no significant difference in blood sugar, although the CLA group lost 2% more weight than the placebo group.

In a similar study from 2007, researchers found that six months of supplementation with CLA **induced regional-specific fat mass decreases in overweight and obese individuals**. Participants took 12,000mg of CLA per day or a placebo for 6

months, and researchers noticed significantly more regional fat loss in the CLA group.

This 2005 study echoed those results, showing that CLA supplementation over a 24 month period **reduced body fat mass in healthy, overweight humans**. Researchers gave participants 3,400mg of CLA per day or a placebo and noticed significant reductions in body fat mass.

Unfortunately, not all studies on CLA have found similar results. In this 2006 study published in the *American Journal of Clinical Nutrition*, researchers described CLA as a safe, simple, and effective dietary supplement that could promote the loss of body fat and weight – although they cautioned that most studies to date had been short and inconclusive.

To test the effectiveness of CLA, researchers gave 122 obese healthy subjects 3,400mg of CLA per day or a placebo.

After one year of taking 3,400mg of CLA per day, **researchers found “no significant difference in body weight or body fat regain”** between the CLA group and the placebo group. Both groups lost a similar amount of fat. Researchers concluded that “a 3.4-g daily CLA supplementation for 1 y does not prevent weight or fat mass regain in a healthy obese population.”

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