

A New And Healthy Mineral-Based Energy Supplement Is On The Market – Synthesit Gives Caffeine's Benefits Without The Negative Side Effects



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In today's fast-paced world, it is essential to maintain high levels of energy and focus throughout the day. As an integral part of many people's daily routines, coffee is one of the most popular drinks globally – an estimated two billion cups of coffee are drunk every single day.

There is a growing market of healthy coffee alternatives such as **Synthesit** available which can help preserve energy without the negative effects of coffee. The energy supplement market is expected to reach a value of \$152 billion by 2031.

Interest in coffee alternatives is driven in part by a realization of the problems with excessive caffeine consumption. Around 90% of Americans drink coffee regularly, and of these, almost 10% exhibit a caffeine use disorder from addiction to coffee.

Consuming large amounts of coffee can cause a number of concerning side effects. These include increased anxiety, insomnia, heart palpitations, headaches, and jitters, which can affect one's productivity and general health.

While coffee can improve concentration and help individuals stay awake, it is crucial to note that it is not the only way to enhance cognitive function. Alternative supplements that mimic the effects of caffeine without the negative side effects are available for those concerned about the side effects of excessive coffee consumption. Synthesit is one such supplement that offers an energy boost with no side effects.

A Mineral-Based Caffeine Alternative

Synthesit is a revolutionary modified iron-based mineral that has the ability to reduce stress and increase energy levels. It offers all the benefits of coffee without its acidity and bitterness and without any reported side effects. Additionally, when users stop taking it, no signs of addiction are shown.

Studies have shown numerous health benefits to Synthesit, and individuals who have tried it have reported feeling more energized and focused. Taken as one capsule in the morning per day, Synthesit can help increase stamina and performance, reduce fatigue, maintain hemoglobin levels, and increase body resistance.

The mineral can be beneficial for office workers, athletes, elderly people and anyone who would like to boost their agility, health, workout routine and general well-being. According to the company, "Long-term use of Synthesit can significantly improve these levels, increase endurance, immunity and regenerative abilities of the body."

Synthesit's Health Benefits

Synthesit Oxygen Force has spent **more than five years** researching how to make iron more bioavailable. The researchers noted that minerals in volcanic regions are active and wholesome for the human body. However, micro-concentrations of these minerals in nature are not sufficient to remedy iron deficits, which impact approximately one-third of the world's population.

The makers of Synthesit have managed to replicate the extreme temperatures and stages of natural geothermal activity. This has yielded an innovative iron-based mineral that is easily absorbed by the body. This mineral differs from average iron supplements and is reportedly 100% bioavailable and easily digestible.

According to the company, scientific studies show Synthesit restores the production of blood stem cells and reduces cholesterol by 40% in elderly macaque monkeys. As an iron supplement, Synthesit **boosts red blood cells to aid blood circulation** and provides a sense of energy that lasts throughout the day.

The company says **the supplement** also reduces weight by 5%, increases power by 4%, improves oxygen transport by 6%, reduces blood pressure, and lowers the heart rate by 5% during stressful situations. Long-term use of Synthesit may also significantly improve these levels, and increase endurance, immunity, and regenerative abilities of the body.

Although coffee may offer various health benefits and enjoyment, consuming it excessively can lead to adverse consequences such as poor sleep, mood swings, digestive issues, dehydration, and dependence. Energy supplements like Synthesit can be a way for individuals to access caffeine's benefits without the negatives that come with a caffeine addiction.

[Read more about Synthesit's caffeine alternative on its website.](#)

Use promo code 'BENZINGA' to get 15% off on orders at **www.synthesit.io**.

The origin of SYNTHESIT

The results of the project were announced in Switzerland, in Geneva, in 2019, by the creator and head of the Synthesit project team. Advisers to the project were prominent scientists in the field of physics and geochemistry, as well as a specialist who previously

worked at the Center for European Nuclear Research - CERN. The main starting point for the experiments were the conditions that arise in the epicenter of volcanic activity located at a depth of 15–20 kilometers below the Earth's surface.

The physical and chemical processes develop, which to some extent change the properties of chemical elements, and, according to the project leader, acquire new properties. In the course of their research and numerous experiments, Synthesit researchers tried to reproduce these processes occurring in the epicenter of volcanic activity.

Over time, it was possible to develop a technology that reproduces a certain cycle of impacts on minerals. When a satisfactory effect on the composition of chemical elements was achieved, the question arose of testing the possible new properties of such elements. The focus evolved around iron, as iron is the main trace element in the biochemistry of animals, and the basis of blood. After that, the production of a biologically active additive began, based on the obtained iron using the new special technology. These are products under the brand name - SYNTHESIT.

SYNTHESIT, a concentrate of pure iron obtained under the conditions of processes similar to volcanic ones, causes an increase in the blood oxygen content only an hour after taking it. In 2020 the company finalized the product for commercial sale. It has been producing SYNTHESIT as a dietary supplement in Germany, Switzerland, Russia and the United States.

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