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Nutricode Active Burn Fat Killer *- Information Guide*



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NUTRICODE ACTIVE BURN FAT KILLER

- *Information Guide*

A unique dietary supplement containing perfectly composed ingredients. This supplement is dedicated to individuals striving to improve their physical fitness, support metabolism, lose weight, as well as enhance the health of their skin, immune system, and digestive system. Thanks to a rich set of active ingredients, including vitamins, minerals, and natural plant extracts, the supplement can act on multiple levels, supporting the body in maintaining physical and mental balance. Its use can be particularly beneficial for physically active individuals who wish to improve their athletic performance, enhance the appearance of their skin, and increase energy for daily challenges.

Ingredients and Their Description

L-Carnitine

L-carnitine plays a key role in converting fat into energy, supporting the body's fat-burning processes. It is particularly popular in supplements aimed at weight loss and improving physical performance. It facilitates the transport of fatty acids to the mitochondria, where they are burned.

Bitter Orange Peel Extract

This extract contains synephrine, which is known for its properties supporting thermogenesis, the process of burning calories by the body. It can also speed up metabolism and improve physical performance.

Guarana Seed Extract

Guarana contains caffeine, which has a stimulating effect, improves concentration, and also supports metabolism by increasing thermogenesis and aiding in weight loss. It may also boost energy levels and reduce feelings of fatigue.

Centella Asiatica Herb Extract

Centella Asiatica is known for its regenerative, anti-inflammatory, and circulation-enhancing properties. It supports skin health, improves elasticity, and aids the wound-healing process.

Liquorice Root Extract

Liquorice has anti-inflammatory, antibacterial, and digestion-supporting properties. It may also help regulate blood sugar levels and support hormonal functions.

Dandelion Root Extract

Dandelion is primarily used as a plant that supports body detoxification. It acts as a diuretic, supports the liver, and has anti-inflammatory properties, aiding the digestive system.

Bladderwrack Thallus Extract

Bladderwrack is a source of iodine, which supports thyroid function and, consequently, metabolism. It also contains minerals and vitamins that support the health of skin, hair, and nails.

Bioflavonoids from Tropical Fruits

Bioflavonoids are powerful antioxidants that help neutralise free radicals in the body, support vascular health, improve circulation, and enhance the effects of vitamin C.

L-Ascorbic Acid (Vitamin C)

Vitamin C is a strong antioxidant that supports the immune system, improves iron absorption, and aids collagen production, positively impacting skin and joint health.

Potassium

Potassium is a mineral that plays a key role in regulating water-electrolyte balance, supporting the heart, muscles, and nervous system.

DL-alpha-Tocopheryl Acetate (Vitamin E)

Vitamin E is a powerful antioxidant that protects cells from oxidative stress, supports skin health, strengthens blood vessels, and improves immune function.

Zinc from Zinc Gluconate

Zinc is a mineral that supports the immune system, promotes the regeneration of skin, hair, and nails, and is involved in metabolic processes and protein production.

NUTRICODE ACTIVE BURN FAT KILLER

- *Information Guide*

Calcium D-Pantothenate (Vitamin B5)

Vitamin B5 supports the metabolism of fats, proteins, and carbohydrates, soothes the nervous system, and promotes skin health.

Pyridoxine Hydrochloride (Vitamin B6)

By promoting healthy urine output, Nutricode Drena Plus supports the urinary system's function, reducing the risk of fluid buildup and urinary tract issues. Its anti-inflammatory properties also help prevent irritation in the urinary tract.

Retinyl Acetate (Vitamin A)

Vitamin A supports skin health, vision, and the immune system and also has antioxidant properties.

Pteroylglutamic Acid (Vitamin B9)

Vitamin B9 (folic acid) is crucial for the proper functioning of the nervous system and the production of red blood cells. It also aids in the proper development of the foetus during pregnancy.

Sodium from Sodium Selenite

Sodium is essential for maintaining electrolyte balance and blood pressure. Selenium, in the form of sodium selenite, acts as a powerful antioxidant, supporting the immune system and protecting against cellular damage.

Cholecalciferol (Vitamin D3)

Vitamin D3 aids calcium absorption, benefiting bone and dental health. It is also essential for the proper functioning of the immune system.

Cyanocobalamin (Vitamin B12)

Vitamin B12 is necessary for the production of red blood cells, supports the health of the nervous system, and is involved in cellular metabolism.

Benefits for the Body

A supplement with these ingredients provides a wide range of health benefits, including:

· Support for Metabolism and Weight Loss

Thanks to L-carnitine, synephrine, guarana, bladderwrack extract, and other components, it accelerates fat burning and supports metabolic processes.

· Improved Physical Performance

Guarana and synephrine enhance energy levels and reduce fatigue.

· Body Detoxification

Dandelion and bladderwrack extracts assist in removing toxins from the body.

· Healthy Skin, Hair, and Nails

With vitamins, minerals, and plant extracts, the supplement improves skin condition and supports regeneration.

· Support for the Immune System

Vitamin C, zinc, B vitamins, and selenium strengthen the immune system, protecting the body from infections.

· Regulation of Blood Pressure and Heart Function

Potassium and zinc promote cardiovascular health and help maintain normal blood pressure.

Mechanism of Action of ACTIVE BURN FAT KILLER

Metabolism and Weight Loss

The supplement supports the transport of fatty acids to mitochondria, where they are burned for energy, aiding weight loss and enhancing the body's performance. It contains synephrine, which boosts metabolism, increases thermogenesis, and supports fat-burning processes, crucial for weight reduction. Caffeine improves metabolism and physical performance, aiding calorie burning while enhancing focus and energy.

Nervous System and Immunity

The supplement has adaptogenic effects, improving the body's resilience to stress and supporting nerve cell regeneration, which may enhance focus and reduce fatigue. It supports energy metabolism, enhances nervous system function, and aids cognitive performance.

Skin and Regeneration

It supports skin regeneration, improves elasticity, and delays ageing processes. With strong antioxidant properties, it promotes collagen production, enhancing skin appearance and strengthening blood vessels, reducing signs of ageing. It protects against oxidative stress, improves circulation, and supports skin health.

NUTRICODE ACTIVE BURN FAT KILLER

- *Information Guide*

Digestion and Detoxification

It acts as a choleric, supporting digestion, aiding body detoxification, and promoting liver health. It assists in cleansing the body of toxins, improving digestive system function, and supporting liver health.

Electrolyte Regulation and Hormonal Health

It maintains electrolyte balance, supports the proper functioning of muscles and the nervous system, and regulates water-electrolyte balance, essential for blood pressure and cellular functions. Rich in iodine, it supports thyroid function, critical for regulating metabolism. Its adaptogenic effects support the hormonal system, particularly in regulating cortisol, the stress hormone. It aids hormone production and improves metabolism.

Best For

This supplement will be particularly beneficial for individuals who:

- **Want to improve metabolism and support weight loss:** Suitable for those looking to accelerate fat burning and metabolic processes.
- **Experience chronic fatigue, stress, or burnout:** Ideal for managing stress, reducing fatigue, and improving overall well-being.
- **Have digestive or skin health issues:** Helps support digestion and enhance skin regeneration.
- **Frequently fall ill or wish to strengthen their immune system:** Aids in boosting immune defences to protect against infections.
- **Need increased energy and improved physical performance:** Provides an energy boost and enhances endurance.
- **Struggle with hormonal issues or thyroid health:** Supports hormonal balance and thyroid function for better metabolic regulation.
- **Have circulation problems or slow recovery after physical exertion:** Promotes better blood flow and tissue recovery.

Individuals Aiming for Weight Reduction

Overweight or Obesity

L-carnitine aids fat burning, while bitter orange extract and guarana accelerate metabolism and thermogenesis. Synephrine (from bitter orange) acts as a stimulant, boosting calorie burn, and guarana helps suppress appetite.

Individuals with Increased Stress or Fatigue Levels

Chronic Fatigue, Stress, Burnout

Gotu kola (Centella Asiatica) has adaptogenic properties to help the body cope with stress. B vitamins (B5, B6, B12) support the nervous system, reduce fatigue, and improve mood. Liquorice aids in managing stress and combating exhaustion.

Individuals with Digestive Issues

Digestive Difficulties, Constipation, Gut Imbalance

Dandelion root extract supports digestion and acts as a bile stimulant. It also aids detoxification. Bladderwrack supports digestion and regulates gut function.

Individuals with Skin Problems

Dry, Damaged, or Ageing Skin

Vitamins A (as retinyl acetate) and C promote skin regeneration, improving elasticity and appearance. Bioflavonoids protect against oxidative stress, support skin health, combat premature ageing, and improve circulation.

Individuals with a Weakened Immune System

Frequent Infections, Low Immunity

Vitamin C, zinc, B vitamins, and vitamin D enhance immune system function. Zinc is vital for white blood cell production, critical for defence against pathogens. Vitamin C boosts immunity, and vitamin D supports immune response.

NUTRICODE ACTIVE BURN FAT KILLER

- Information Guide

Individuals with Low Energy Levels

Low Energy, Reduced Physical and Mental Performance

Guarana extract and L-carnitine provide energy, improve stamina, and enhance focus. Guarana's caffeine content stimulates the nervous system, increasing energy and reducing fatigue. Additionally, vitamin B5 (pantothenic acid) supports energy metabolism.

Individuals with Thyroid or Metabolic Concerns

Sluggish Metabolism, Thyroid Issues

Bladderwrack, rich in iodine, supports thyroid function, essential for regulating metabolism. Vitamin B12 promotes energy metabolism and cellular health, while vitamins D3 and B9 help regulate metabolic processes.

Individuals with Circulatory Issues

Poor Circulation, Cold Hands and Feet, Vascular Problems

Bioflavonoids improve blood vessel flexibility and cardiovascular health. Gotu kola extract enhances microcirculation and tissue regeneration, while vitamin C supports collagen production, benefiting vascular health.

Individuals with Hormonal Imbalances

Hormonal Disorders, Irregular Menstrual Cycles

Liquorice supports the hormonal system, aiding cortisol regulation (stress hormone) and promoting hormonal balance. Vitamin B6 aids in the production of neurotransmitters and hormones, essential for hormonal health.

Individuals Seeking Better Recovery After Physical Activity

Poor Muscle Recovery, Post-Exercise Pain

L-carnitine supports muscle recovery post-exercise, while guarana boosts endurance and reduces fatigue. Vitamin E has

anti-inflammatory properties, and vitamin C aids recovery and iron absorption, accelerating tissue repair.

Contraindications for Use

- Not suitable for children and adolescents under 18 years of age.
- Should not be used by pregnant or breastfeeding women.
- Individuals with kidney failure, diabetes, or heart failure (due to the risk of hyperkalaemia) or those with bile duct obstruction should avoid using this product.
- Not recommended for individuals with high blood pressure.
- Those allergic to any of the ingredients should refrain from using this supplement.
- Consult a doctor if you have existing medical conditions or are taking medication before using this supplement.

Active Ingredients

Ingredient	Daily Serving (15 ml) Contains:
L-Carnitine	300 mg
Bitter Orange Peel Extract	600 mg
Guarana Seed Extract	600 mg
Centella Asiatica Herb Extract	400 mg
Licorice Root Extract	400 mg
Dandelion Root Extract	400 mg
Bladderwrack Thallus Extract	200 mg
Bioflavonoids from Tropical Fruits	75 mg
L-Ascorbic Acid (Vitamin C)	43,5 mg (54%)*
Potassium	18 mg
DL-alpha-Tocopheryl Acetate (Vitamin E)	7,5 mg (62%)*
Zinc from Zinc Gluconate	5 mg (50mg)*
D-Calcium Pantothenate (Vitamin B5)	2,5 mg (41%)*
Pyridoxine Hydrochloride (Vitamin B6)	0,55 mg (39%)*
Retinyl Acetate (Vitamin A)	525 mg (65%)*
Pteroylglutamic Acid (Vitamin B9)	41 mg (20%)*
Sodium from Sodium Selenate	27,5 mg (50%)*
Cholecalciferol (Vitamin D3)	5,0 mg (100%)*
Cyanocobalamin (Vitamin B12)	1,25 mg (50%)*

NUTRICODE ACTIVE BURN FAT KILLER

- *Information Guide*

Full List of Ingredients

Ingredients: water, concentrated fruit juices: apple, mango, orange, grape, extracts of: bitter orange peel, guarana seeds, L-carnitine (L-carnitine fumarate), extracts of: Centella Asiatica herb, licorice root, dandelion root, bladderwrack thallus, potassium from potassium gluconate, bioflavonoids from tropical fruits (including acerola cherry), preservative – potassium sorbate, acidity regulator – citric acid, L-ascorbic acid (vitamin C), sweetener – acesulfame K, DL-alpha-tocopheryl acetate (vitamin E), zinc from zinc gluconate, D-calcium pantothenate (vitamin B5), pyridoxine hydrochloride (vitamin B6), retinyl acetate (vitamin A), pteroylglutamic acid (vitamin B9), selenium from sodium selenate, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).
Net volume: 480 ml

Directions

Measure 15 ml of the product using the included measuring cup.

Dissolve in 1.5 litres of water and drink in portions throughout the day, but no later than late afternoon.

Do not exceed the recommended daily dose (15 ml).
Drink in portions throughout the day, but no later than late afternoon.

Shake well before use. Natural sediment from fruit and plant extracts may occur, but it does not affect the quality of the product.

Additional information

Store in a cool and dry place, out of reach of children.

After opening, store in the refrigerator. The product can be used up to 35 days after opening.

The supplement should not be used as a substitute for a balanced diet but as part of a healthy lifestyle.

After use, make sure the product is tightly closed to preserve its quality.

What distinguishes Nutricode Active Burn Fat Killer?

Active Burn Fat Killer is a dietary supplement designed for people who want to lose excess weight or maintain a healthy body mass. Although it has a low glycemic index, it effectively combats hunger. Due to its liquid form, it is easily and quickly absorbed, helping develop a habit of drinking water frequently. Moreover, it positively influences collagen and elastin synthesis, increasing skin tension, firmness, and elasticity. It stands out from other dietary supplements due to its unique combination of ingredients, versatile effects, and form of administration. Here are the key features that set it apart:

Innovative formula of ingredients:

- Contains L-carnitine, which supports the transport of fats to mitochondria, increasing the efficiency of their burning.
- Bitter orange extract supports metabolism and the natural thermogenesis process, accelerating calorie burning.
- Plant extracts (from pineapple, papaya, guarana, dandelion root, and milk thistle) aid digestion, detoxification, and elimination of excess water from the body

Liquid form for easier use

The supplement is in the form of a concentrate to be diluted in water, encouraging regular hydration of the body. This is a unique feature that also supports the habit of drinking an adequate amount of fluids during the day.

Versatility of action

In addition to supporting metabolism, it helps with detoxifying the body, reducing hunger, and regulating digestion. It has a low glycemic index, making it suitable for people with insulin resistance.

NUTRICODE ACTIVE BURN FAT KILLER

- *Information Guide*

Safe composition, tailored for daily use

It does not contain artificial dyes or harmful stimulants, minimising the risk of side effects.

Nutricode Active Burn Fat Killer is a dietary supplement that combines fat-burning, detoxifying, and skincare properties, making it exceptional among other products in this category. It works multifacetedly, supporting not only weight loss but also skin health and the overall balance of the body.

Frequently Asked Questions

When is the best time to take the supplement?

It is best to take it in the first part of the day, until 6 PM (at the latest, late afternoon), and before training, to benefit from its energising properties and support for metabolism. The caffeine content in guarana and synephrine (from bitter orange) may improve endurance and energy levels.

What are the main health benefits of this supplement?

The supplement supports weight loss processes, improves metabolism, boosts the immune system, helps with recovery after physical exertion, improves skin health, supports digestive and hormonal health, and affects the electrolyte balance in the body.

What effects can I notice after using the supplement?

Regular use of the supplement may lead to increased energy, improved concentration, faster metabolism, better recovery after workouts, fat reduction, as well as improved skin condition, better immunity, and improved physical and mental condition.

Is this supplement safe?

The supplement contains natural ingredients that are widely used in dietary supplementation. However, people with health issues (e.g., hypertension, heart problems, thyroid diseases) should consult a doctor before starting to use it, especially due to the caffeine (guarana) and synephrine (bitter orange), which may affect blood pressure.

Can I use this supplement if I have high blood pressure?

The supplement contains caffeine (guarana) and synephrine (bitter orange), which may raise blood pressure. People with hypertension should consult a doctor before starting supplementation to ensure there are no interactions with any medications they are taking.

Can I take this supplement if I am pregnant or breastfeeding?

Due to the presence of caffeine and other active ingredients, the supplement is not recommended for pregnant or breastfeeding women. It is always best to consult a doctor before starting any supplementation during pregnancy and lactation.

How long should I take this supplement to notice effects?

Usually, the first effects can be noticed after a few weeks of regular use, depending on the individual needs of the body. Long-term use (about 4-6 weeks) may bring visible results in terms of weight loss, improved energy, and body recovery.

Can I take this supplement together with other supplements?

The supplement contains many active ingredients, including vitamins and minerals, which support metabolism, immunity, and health. However, when using other supplements, especially those containing caffeine or stimulating ingredients (e.g., other fat burners), caution should be taken to avoid exceeding the recommended daily dose of caffeine. It is always best to consult a doctor or dietitian before combining supplements.

Does the supplement cause any side effects?

The caffeine, synephrine, and other stimulating ingredients may cause nervousness, rapid heart rate, or sleep disturbances in some people. Those sensitive to caffeine may experience mild symptoms such as headaches, dizziness, or irritability. If such symptoms occur, it is recommended to reduce the dose or discontinue use.

Can I use this supplement if I have allergies?

The supplement contains plant ingredients, including extracts from orange, guarana, and licorice. If you are allergic to any of these ingredients, you should avoid this supplement. Before starting supplementation, it is

NUTRICODE ACTIVE BURN FAT KILLER

- Information Guide

always advisable to consult a doctor, especially if you have any food or skin allergies.

Can this supplement help with muscle building?

The supplement supports fat metabolism, improves endurance, and accelerates recovery after exertion, which can indirectly help with muscle building. However, for the best effects in building muscle mass, a proper protein-rich diet and regular resistance training are also important.

Can the supplement cause sleep problems?

Due to the caffeine and synephrine content, the supplement may affect sleep quality, especially if taken in the afternoon or evening. If you have sleep problems, it is best to take the supplement in the morning or before noon.

These questions and answers can help in understanding how the supplement works and its potential benefits and risks. In case of any doubts, it is always advisable to consult a doctor or a dietitian.

The supplement combines ingredients that support various aspects of health, particularly metabolism, skin health, and the immune system. Its action includes improving fat burning (L-carnitine, synephrine), detoxifying the body (dandelion, bladderwrack), supporting the nervous system (vitamins B6, B12), and protecting against oxidative stress (vitamins C, E, bioflavonoids). It also supports thyroid function (bladderwrack), heart health (potassium), and contributes to improving skin health (centella, vitamin A).