

ADIPOSE ANNIHILATION V2*

RELENTLESSLY ANNIHILATE BODY FAT FROM EVERY POSSIBLE ANGLE

Adipose Annihilation V2 (“AAv2”) is Enhanced Body Formulation’s fat-loss solution, designed to help *real* people get *real* results. You’ll literally annihilate fat from every possible angle!

Commercial fat burners come a dime a dozen. Most try to hide their cut-rate ingredients behind flashy advertisements with bikini-clad supermodels that push products they’ve never even used...under-dosed, low-quality products that aren’t even worth the bottle they’re packaged in. However, AAv2 is not your ordinary commercial fat burner. By employing proven, full-strength ingredients in two unique blends, AAv2 ignites your full fat burning potential.

Unlike “one trick pony” competitors that attempt to limit fat gain through a single mechanism AAv2’s FAT MOBILIZATION COMPLEX ceases new fat formation as the EBF ANNIHILATION COMPLEX lays waste to existing adipose stores. AAv2 features an optimized proprietary blend of ingredients which create an incredible potency, without the potential for undesired side effects. In addition to these ingredients, perhaps what makes us most excited to bring you this product is that AAv2 encompasses a new ingredient that is rarely used in fat burners – Ginkgo Biloba extract. Ginkgo Biloba extract is fairly unique and works SEVERAL different ways.

AAv2 stands on its own as the most comprehensive and effective fat burner available today. However, if you’re hardcore, stack AAv2 with Reconnadrol, and add an aromatase inhibitor [1] to create a truly unparalleled body recomposition arsenal. Even the most experienced dieter will stare slack-jawed in the mirror as they wake up each morning leaner and leaner than ever.

Synergy is the key to these remarkable results; AAv2’s ingredients complement one another to create “2 + 2 = 5” fat melting maximization. Hydroxycitric Acid and Acetyl-L-Carnitine in the FAT MOBILIZATION COMPLEX interact to mobilize and transport fat. Then the EBF ANNIHILATION COMPLEX takes over, as Fucoxanthin, Alpha Yohimbine, and Capsaicin combine to vanquish fat stores through PPAR γ receptor antagonism. The Evodiamine, and Ginkgo Biloba Extract in AAv2 take body recomposition to a new level, boosting thermogenesis, regulating thyroid activity, and producing preferential glucose uptake.

This synergy continues when stacked with Reconnadrol – ingredients like Berberine and Salacia Reticulata, two PPAR γ antagonists/PPAR α agonists, add fuel to the fat burning fire. Moreover, Reconnadrol's Corosolic Acid blunts the body's tendency to upregulate fat storing enzymes in periods of long-term PPAR α agonism. But that's not it! Berberine caused "11-HSD1, a key enzyme linked to visceral obesity and metabolic syndrome, decreased 0.63-fold" in a recent medical study [2]; with 11-HSD1 downregulated, cortisol control will no longer be a challenge. Through the sheer power of ingredient synergy, you can construct the ultimate body recomposition strategy.

The following is a description of each ingredient found in AA2:

Garcinia Cambogia 50% HCA (Hydroxycitric Acid) is a potent plant derivative with clinically proven lipid metabolism/oxidation potential [3]. Via inhibition of Malonyl Coenzyme A, the so called "building blocks" of fat, it blocks adipose production for upwards of twelve hours after a meal [4, 5]. As HCA stops creation of new fat cells, it simultaneously prompts adipose and liver tissue to oxidize bodily fat stores. By slowing gastric emptying, HCA lowers post-prandial glucose response [6]. Clinical supplementation with Garcinia Cambogia led to, "significantly reduced visceral, subcutaneous, and total fat areas compared with the placebo group," and, moreover, no visceral fat regain after cessation of use [7]. Beyond this, in a hypocaloric environment – created when one begins to diet – HCA will also help limit muscular catabolism and breakdown [4].

Acetyl-L-Carnitine ALCAR assumes an essential duty in the FAT MOBILIZATION COMPLEX, activating and transporting fat cells for beta oxidation [8]. Its ability to support bodily energy metabolism and insulin response creates innumerable health benefits. One clinical study found that, "safely ameliorated arterial hypertension, insulin resistance, impaired glucose tolerance, and hypoadiponectinemia in subjects" [9]. ALCAR supplementation may help overcome leptin resistance; a hormonal shift often responsible for the metabolic slowdown and fat loss plateaus that dieters experience [10]. Marked increase in dopamine levels and prevention of stress-related hormonal depletion are additional benefits that ALCAR can provide to those in a caloric deficit, to make their diet quicker, easier, and more effective [11, 12].

Choline Bitartrate is a B Vitamin that prevents fat deposition in the liver, encourages liver fatty acid metabolism and increases subsequent oxidation [13, 14]. When paired with carnitine in medical trials, the two supplements fashioned synergistic improvements in fat mobilization. Fat is literally flushed out of the body, in the form of urinary acylcarnitines [15].

Fucoxanthin can restrict differentiation of preadipocytes to adipocytes by means of PPAR γ down-regulation. Thus, this algae extract limits the opportunity that adipose cells have to form and accumulate in the body [16]. A cutting-edge supplement in the dieter's arsenal, Fucoxanthin is rapidly garnering popularity as an uncoupler. Recent Hokkaido University trials found that Fucoxanthin augmented expression of mitochondrial uncoupling protein 1 (UCP1). In turn, UCP1 expression shrank abdominal white adipose tissue cells; resultant net body composition changes in Fucoxanthin-fed subjects were undeniably positive [17].

Alpha Yohimbine is a forceful α_2 adrenergic antagonist; compared to standard Yohimbine, Alpha Yohimbine's impact on α_{2B} and α_{2C} adrenoreceptors is three and four times more potent, respectively [18, 20]. As such, it capably enhances vasodilation/blood flow in adipose cells [19]. Because Alpha Yohimbine modulates α_{2C} prevalent in the brain, epinephrine – along with concurrent nutrient utilization, thermogenesis, and energy metabolism – is maximally activated, whilst breakdown of serotonin, noradrenaline, and dopamine are controlled [20].

Capsicum Annum 8% Capsaicinoids increases energy expenditure and metabolic rate through multiple pathways [21, 22]. Studies claim, "capsaicin also inhibited the expression of PPAR γ , C/EBP α , and leptin, but induced up-regulation of adiponectin at the protein level. These results demonstrate that capsaicin efficiently induces apoptosis and inhibits adipogenesis in 3T3-L1 preadipocytes and adipocytes" [23]. PPAR γ modulation causes the bulk of adipose loss to be exhibited on ugly abdominal fat stores [24]. Capsaicinoid dosage in V2.0's EBF ANNIHILATION COMPLEX has been reduced to **.5mg per pill**, resulting in similar increased post-ingestion glycerol and blood FFA levels seen in V1.0, without the potential for heartburn-like side-effects [25].

Evodiamine is an essential new addition to the re-formulated AAv2. This ingredient "mimics the characteristic anti-obese effects induced by capsaicin" to "induce heat loss and heat production at the same time and dissipate food energy, preventing the accumulation of perivisceral fat and the body weight increase" [26]. Inclusion of Evodiamine has reduced the required amount of Capsaicinoids in V2.0's proprietary blend – this reduction, in turn will maintain all the effectiveness of the original formulation, without the potential for occurrence of heartburn at higher Capsaicinoid dosages. A recent medical study found that Evodiamine's ability to inhibit adipocyte differentiation and limit fat gain – unlike Capsaicin - is not reliant on a mechanism of action involving uncoupling protein-1 (UCP1) thermogenesis [27]. Therefore, utilization of these two ingredients together can produce similar and cumulative effects by channeling multiple bodily pathways.

Ginko Biloba Extract is a compound that contains naturally-occurring flavonoids such as Kaempferol and Quercetin. Kaempferol is known to promote overall body/mind wellness through antioxidant, anti-inflammatory, cardioprotective, and neuroprotective activities [28]. Significant improvements in insulin-stimulated glucose uptake can be provided via Kaempferol supplementation, due to an ability to “act at multiple targets to ameliorate hyperglycemia, including by acting as partial agonists of PPAR γ ”; this partial PPAR γ modulation “activates some (insulin sensitization), but not all (adipogenesis), PPAR γ -signaling pathways” [29, 31]. Furthermore, in a separate FDA-sponsored study, both Kaempferol and Quercetin were proven to “down-regulate the adipogenesis-related transcriptional factors PPAR γ , C/EBP- α and SREBP-1 and to inhibit adipocyte differentiation during the early stage” [30]. Couple this mechanism of action with Kaempferol’s known capacity to regulate D2-mediated thyroid activity (T3 production), and the result is truly astounding cumulative 2+2=5 fat-burning potential [32].

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

GENERAL HEALTH BENEFITS

AAv2 not only supports fantastic body recomposition, but also supplements general health through a variety of mechanisms. Ingredients in AAv2 may offer the following benefits*:

- ❖ HCA – a compound that inhibits ATP citrate lyase – may be capable of tumor growth prevention. It is one of few organic compounds capable of chelation and elimination of toxic metals (to which citizens of industrialized countries are often exposed) from the bloodstream. Increased calcium metabolism is another effect of HCA supplementation, helping to sustain strong bone structure [33, 34, 35].
- ❖ Frequently described as a, “‘conditionally essential’ nutrient for humans,” Carnitine possibly plays a vital role in cardiac metabolism and defends against ischemic heart disease – the most common cause of death in Western countries [36, 37].
- ❖ Choline supplementation may support acetylcholine and phosphatidylcholine synthesis in the brain, leading to enhanced brain development and function [38, 39].
- ❖ Recent medical discovery of Fucoxanthin’s ability to induce apoptosis indicates that it may serve as a chemopreventative/chemotherapeutic carotenoid to prevent and/or treat colon cancer [40].
- ❖ Alpha Yohimbine has been successfully utilized in multiple medical trials to treat hypertension [41, 42].
- ❖ Possible reduction of low-density lipoprotein (LDL) oxidation is an effect of Capsaicinoid consumption; this effect reduces the likelihood of harmful atherosclerotic development [43].
- ❖ PPAR γ partial agonism/antagonism – spurred by ingredients like Fucoxanthin, Capsaicinoids, and Kaempferol – exhibits anti-obesity and anti-diabetic potential, and may be used to help manage obesity and/or Type-2 diabetes [44].
- ❖ Kaempferol may be able to inhibit growth and development of cancerous cells [45].

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Recommended Dosing

Unlike the first version of AAv2, we now have a 3 capsule serving. This is for ease of dosing. We offer this so the 2 capsules 3 times a day will provide excellent benefit, however if tolerant, 3 cap servings 3 times a day can be even more beneficial.

Definitely adhere to the assessment phase described on the label instructions. This will enable you to assess your tolerance of ingredients. After that, it's up to you.

With the plentiful amount of ingredients reducing the amount of adipogenesis you can dose 30 minutes prior to meals. However, dosing after a meal on an empty stomach can be even more beneficial.

Dosing with Sample Diets

CKD diet for a 200 LB male

Recompadrol 2 cap 30 minutes prior to meal.

Meal 1- 4 eggs, cooked in 1 tablespoon extra virgin coconut oil ("EVCO"), 40g protein shake

2 caps AAv2 with 2g fishoil 60-90 minutes after meal, then workout

Recompadrol 1 cap 30 minutes prior to meal.

Meal 2- 8oz cooked chicken, 2 tablespoons extra virgin olive oil ("EVOO"), 1 cup lettuce

Recompadrol 1 cap 30 minutes prior to meal.

Meal 3- 6oz sliced turkey, 1 avocado

2 caps AAv2 one hour after meal 3

Recompadrol 1 cap 30 minutes prior to meal.

Meal 4- 7 ounces cooked Salmon, 10 asparagus spears, 1 teaspoon EVCO, salt

Recompadrol 1 cap 30 minutes prior to meal.

Meal 5- 50g protein shake 1 handful macadamia nuts, pecans, almonds or walnuts

2 caps AAv2 taken 90 minutes after last meal, no more than 2 hours prior to bed (if tolerant).

Achieve optimal benefits for this diet when you combine meals, making them 3 meals per day. All dosing (aside from pre workout) should be 60-90 minutes after a meal (when stomach is about empty).

IF/LeanGains Diet

With this diet, it employs a very lenient and sociable way of eating. With a 16 hour fast window, and an 8 hour feeding window, this is an excellent diet for maximizing AAv2.

7am- 2 capsules AAv2

8am- 5g -10g BCAAs (4:1:1 or 8:1:1), workout

9am- 1 cap AAv2

10am- 10g BCAAs (4:1:1 or 8:1:1)

11am- 1 cap AAv2

11:30am- 2 caps recomedrol , 5g Leucine

12pm-8pm - feeding window dosing Recomedrol prior to each meal

9pm- 2 caps AAv2

10pm-12 am- down-time relaxation, then sleep, and repeat.

To aid in fat loss, take 2g of fishoil with each dose.

Stackable Products

A key benefit of this product is its stackability. You can stack it with virtually any Capsaicinoid/capsaicium void product.

Stackable products for increased fat burning if desired:

AT2	Triazole (men)	Shift	Oxy Elite Pro	ErgoBurn
TT33	Fat Free	DCP	Lean Xtreme	Recreate
AMP	Animal Cuts	Eviscerate	Rezolution	Swagger
Lean EFX	Erase (men)	Erase Pro (men)	7-Keto	Glucose Disposal Agents
Scorch*	Pure T2	L-Carnitines	TTA	Raspberry Ketones

*Product contains Evodiamine. Reassess tolerance when adding.

This list of stacking possibilities is not intended to be comprehensive; for questions regarding stacking AAV2.0 and/or Reompadrol with another supplement, as well as recommended dosage protocol for that stack, please contact us at

EnhancedBodyFormulations@gmail.com. We're dedicated to helping you get the most out of your EBF experience, whether you use our products by themselves or with other companies'

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