BrainIQ Health uses a proprietary, authentic, patented, GRAS affirmed, natural, clinically proven Irvingia seed extract for weight loss Fast Melts and metabolic wellness. This novel weight loss ingredient has two published human clinical studies and has substantiated structure/function claims for areas including appetite control, satiety, thermogenesis, weight management and metabolic wellness

The Irvinga ingredient works by enhancing Leptin function. The published human clinical trial had the following statistically significant results:
28.1 lb reduction in body weight
18.4% reduction in body fat
6.7" reduction in waist size
26.2% decrease in total cholesterol
27.2% decrease in LDL
52.3% decrease in C-Reactive Protein (a marker of systemic inflammation)
22.5% decrease in Fasting blood sugar
48.6% drop in Leptin (a hormone produced by fat cells that influences appetite and weight loss
159% increase in Adiponectin (a hormone that influences body weight, heart health and insulin sensitivity).

Structure/function claims for the Irvinga weight loss ingredient uses in the Fast Melt chews:
Weight Management
• Promotes healthy weight management*
• Helps reduce body fat*
• Helps provide clinically studied multi-functional weight management activity*
• Helps promote clinically studied weight loss activity*
• Helps promote body fat loss*
• Clinically studied weight loss ingredient*
• Clinically studied to promote weight loss activity*
• Supports weight loss*
• Helps promote weight loss*
• Promotes a multi-functional approach to effective weight loss*

Satiety
• Helps you feel fuller longer*
• Helps support a feeling of fullness and satiety*
• Helps support a feeling of fullness*
• Promotes a feeling of fullness*
• Satiety promoter*
• Fullness and satiety promoter*

Appetite Control
• Helps control appetite*
• Helps control hunger*

Metabolic Balance/Wellness
• Supports weight management and metabolic balance/wellness*
• Supports metabolic balance*
• Helps promote metabolic balance*
• Supports balanced metabolic health*