

B5 Fat Burn Technology™

Presented by IMMORTAL Cell Sciences

High doses of Vitamin B5 (pantothenic acid) support "effortless" sustained weight loss, i.e., increased metabolism without hunger or weakness or Ketosis. (Leung, 1996)

General Instructions

Thank you for purchasing **B5 Fat Burn Technology.™** These products are intended for dieters on low-calorie diets, and at higher dosages, for athletes to boost heavy workouts. The new technology combines a previous HGH (*Human Growth Hormone*) secretion formula (Ascorbade®) with the Hong Kong doctor Leung's Vitamin B5 weight-loss discovery.

Weight Loss: 2 to 3 packets daily This dosage provides a "Leung" (10,000 "IU") dosage to reduce hunger on low-calorie (e.g., 1000 calorie) diets. (*Order 1 or 2 Super B5s cartons every 15 days or 30 days on autoship.*)

Weight Maintenance: 1 packet daily. Dr. Leung found 2-3 grams of vitamin B5 was the **usual** maintenance dosage after reaching target weight. (*For lowest pricing, order 1 Super B5 every 45 days on autoship.*)

Workouts: 4 to 5 packets on the day of the workout. *Preliminary in-house testing demonstrates that larger doses (4 to 5 packets) increases athletic workout power and endurance -- while reducing soreness, hunger, and increasing feelings of well-being after heavy workouts. (Workout dosage provides 20,000 "IUs" of Vitamin B5 plus one serving of the original Ascorbade drink mix. One carton provides high B5 for 9 to 10 workouts.)*

Research

Immortal's new weight loss products are based on theories and the research of Hong Kong medical doctor L. H. Leung, MD. A clinical study was carried out in 100 individuals of Chinese descent, 40 males and 60 females. The age range was 15-55, with even distribution. Dieters were given 10,000 mg (2.5 g of vitamin B5 as pantothenic acid 4 times a day) orally between meals.

These dieters' goals varied, and range from losing less than 5 kg (*11 lbs*) to more than 30 kg (*66 lbs*). Approximately half of the participants aimed at shedding about 10-20 kg (*22-44 lbs*). The average weight loss was found to be 1.2 kg (*2.65 lbs*) per week. After the weight loss goals were achieved, Dr. Leung found that a maintenance dose of 1-3g, together with a careful diet, was all that was needed to maintain one's body weight.

Immortal's new **B5 Fat Burn Technology** drink mix **COMBINES** high-dose vitamin **B5** and **pantethine** together providing approximately **3750 mg B5-equivalence or (“IU”) per serving**. (Normally 2 to 3 packets per day should reach Leung's suggested vitamin B5 levels.) Although high-dose vitamin B5 is not an appetite suppressant, per se, study subjects on 10 grams of vitamin B5 didn't become hungry (or weak) on a very low calorie diet. The only side effect reported was an increase in the feeling of well being.

Note: Leung reported that 10 grams was usually sufficient to promote weight loss, but some of his subjects required as much as 20 grams of vitamin B5 daily to stay out of ketosis. If a dieter enters ketosis, on high dose B5, this is probably an indication that their daily vitamin B5 should be increased.

B5 Equivalency (“IU”) Calculations

Immortal's **B5 Fat Burn Technology** products include **pantethine**, which is a modern, more complete Coenzyme A (CoA) precursor. From clinical reports in the literature, we calculate that 2000-2500 mg of **pantethine** is roughly equivalent to 10,000 mg of regular **vitamin B5**, i.e., this is approximately a 1-to-4 **pantethine** to **pantothenic acid** ratio.

B5 “IU” calculation: 625 mg x 4 (pantethine w/4 to 1 equivalence or 2500) + 1,250 mg regular B5 = **3,750 mg (B5 Equivalence) per packet**. For maximum weight loss, we'd suggest 2 to 3 packets per day, or 60-90 servings per month. Each carton contains 45 servings. The maintenance dose is 1 packet per day.

B5 Liposomal (Add-on)

The add-on **liposomal B5** product is designed to work with the B5 Drink Mix (or other high dose vitamin B5). The liposomal may help reduce the amount of ordinary vitamin B5 necessary to stay on a calorie restricted diet without ketosis. The product includes liposomal L-carnitine, niacin and biotin.

Heavy Workout Guidelines

Preliminary reports are that **4 packets** of the **B5 Burn Fat Technology Drink Mix** on the day of, and prior to, a heavy workout, increase maximum reps by 30% to 50%. We also recommend at least 1 packet after the workout too.

There is nothing wrong with Athletes/Body Builder's starting with a lower dosage, and working up. We think we know that 1 or 2 and perhaps even 3 packets – *the dosage that we suggest for dieters* – doesn't create the desired heavy workout boost. Owen's son Jeff, a certified personal trainer, took 4 packets the first time, prior to a heavy workout. We were very pleased with his report, which has been posted at the bottom of **ImmortalCellSciences.COM**.

We first became aware of the unexpected workout boost from the now-discontinued **Ascorbade** product. The new **B5 Burn Fat Drink Mix** product adds vitamin B5, to the older product formula. The new product now provides high dosages of vitamin C (as Quali-C®), very high dosages of vitamin B5 (as Quali-B®) and Pantethine (as Pantestin®), plus highly bio-available magnesium, MagnaPower® creatine, lysine, arginine pyroglutamate and more.

Taste and Vitamin C Tolerance: One issue might be the large amount of vitamin C per serving. Only so much vitamin C can be absorbed at one time. People are different. We recommend spacing these packets out (e.g., 1 per hour) for better absorption, thus avoiding gas and loose stools.

We have been told that the taste “*is better than Ascorbade,*” but some find it hard to swallow. We recommend adding more water, using sucralose, and perhaps adding a scoop of an electrolyte mix, such as the *ULTIMA Replenisher Electrolyte Hydration Powder*.

General Weight Loss Guidelines.

#1. **Eat when hungry**, mostly whole foods, balanced between carbs, proteins and fats (*Ideally, 3-4 meals, about 4 hours apart, and do not skip breakfast.*) The fewer calories, the faster the weight loss.

#2. Note: Some **carbohydrates are required to burn fat.**

#3. **Avoid processed (fake) foods and artificial sweeteners.** Eggs are great breakfast foods.

#4. **Take a multi-vitamin/multi-mineral.** (*One theory of obesity holds that people become hungrier eating modern nutrient-depleted foods that aren't providing enough micro-nutrients.*)

#5. **Move.** Sitting turns off enzymes that otherwise release and burn fats, so moving at least once per hour not only increases the basal metabolic rate but can burn some extra calories.

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Please join the VitaminCFoundation.org/forum (*Visit our **Ortholecular Weight Loss** section of the forum to ask questions and share your experience.*)

Call Robert at 800-894-9025 for more information. (*Ask about our new B5 referral program which reduces the cost of this product while on our Autoship.*)

References

1. ***A Stone that Kills two Birds: How Pantothenic Acid Unveils the Mysteries of Acne Vulgaris and Obesity Department of Surgery.*** Hong Kong Central Hospital. Hong Kong Lit-Hung Leung. M.D. Journal of Orthomolecular Medicine Vol. 12, No. 2, 1997)
2. ***Pantothenic Acid as a Weight-Reducing Agent:Fasting Without Hunger, Weakness and Ketosis***
L. H. LEUNG, *Department of General Surgery, Hong Kong Central Hospital, 1 Lower Albert Road, Hong Kong, Medical Hypotheses* (1995) 44, 403-

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