

Thermogenic effects of an acute ingestion of a weight loss beverage ('Aspire')

Research report prepared for

Fahrenheit 60

Thermogenic effects of an acute ingestion of 'Aspire'.

PURPOSE OF THE STUDY

The purpose of the study was to examine the acute effects of ingesting a commercially available weight loss beverage (Aspire, Fahrenheit 60, UK) on resting energy expenditure (REE), heart rate (HR) and blood pressure (BP) during 180 minutes of rest.

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HYPOTHESIS

- ***Null Hypothesis:*** The ingestion of 250ml of Aspire does not increase energy expenditure during 180 minutes of rest
- ***Alternate Hypothesis:*** The ingestion of 250ml of Aspire increases energy expenditure during 180 minutes of rest

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METHODS

Experimental Design. The experimental protocol involved the participants performing an assessment of resting energy expenditure following the ingestion of a product called 'Aspire' in a single blind (participants) study. Each test was performed at the same time of day, following an overnight fast and a standardised breakfast four hours prior to each assessment.

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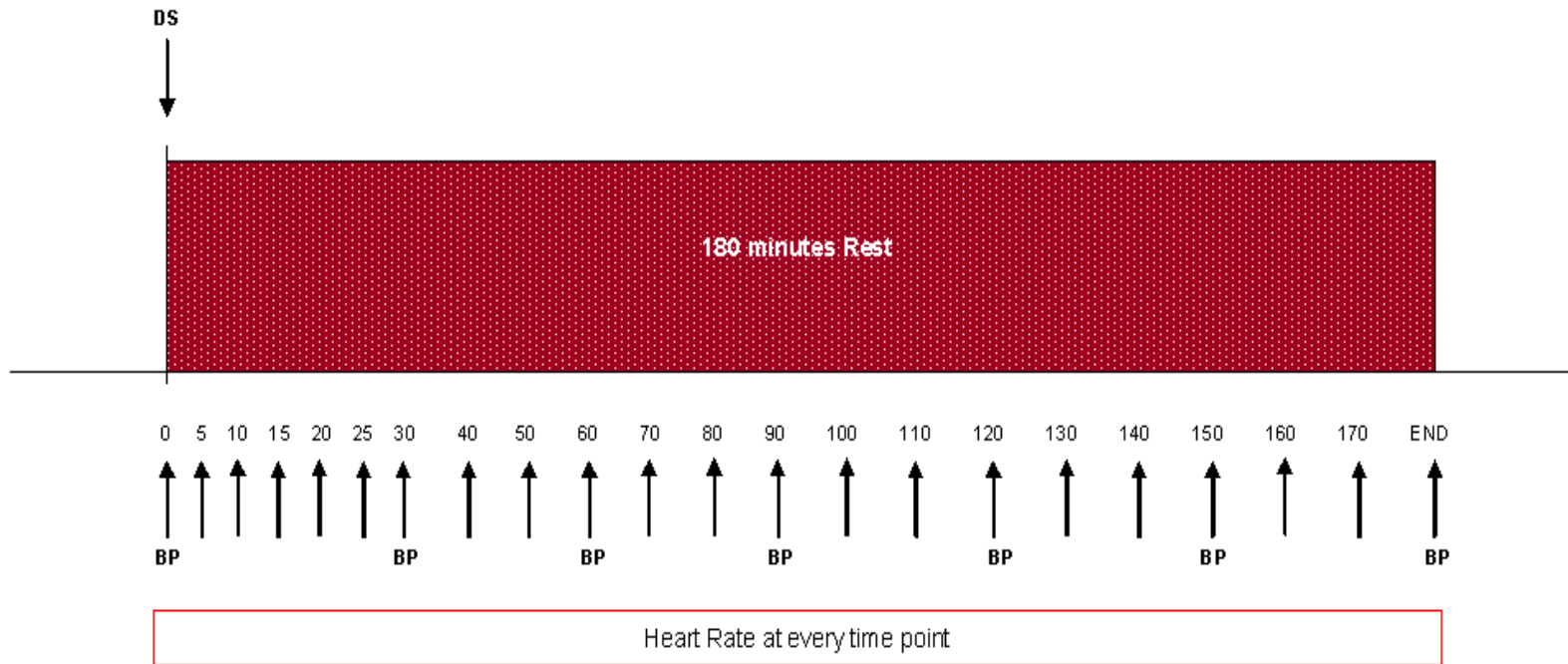
METHODS

Following the baseline REE determination, participants consumed 250ml of Aspire within a two minute period.

Immediately following supplement ingestion participants were connected to the online gas analysis system and instructed to lie in a semi-recumbent position for the 180 minute test period. Post consumption, measures of HR, O₂ and CO₂ were collected every 5 minutes for the first 30 minutes and then every 10 minutes thereafter. BP was collected at 30, 60, 90, 120, 150, and 180 minutes post consumption.



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Key:

DS = Drink Consumed

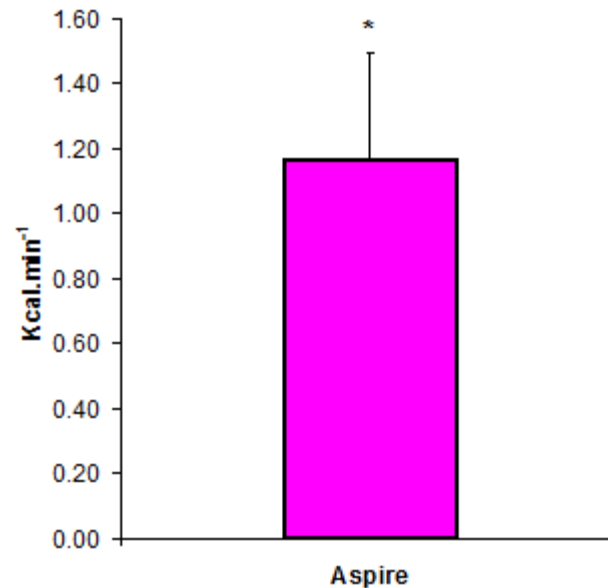
↑ = Expired Air

BP = Blood Pressure

Schematic representation of the experimental protocol

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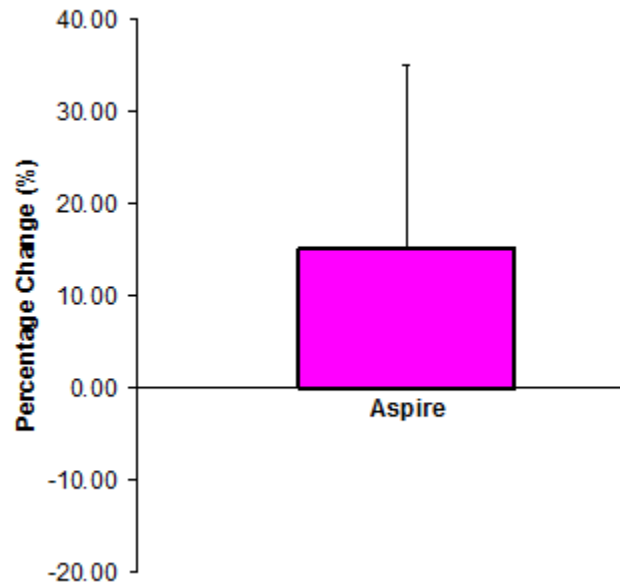
RESULTS



Mean (\pm SD) energy expenditure over the 180 minute test period following the consumption of Aspire

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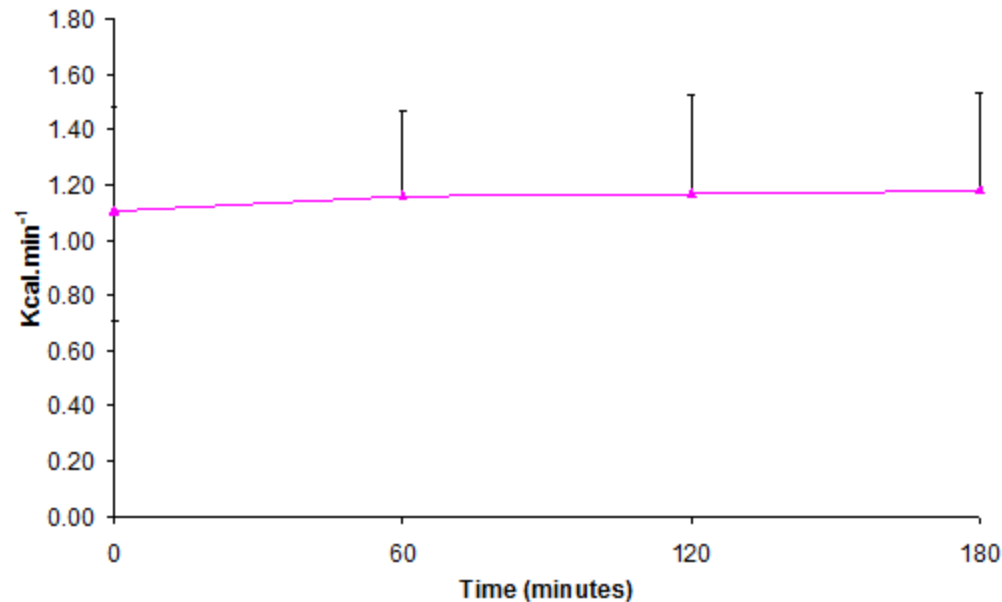
RESULTS



Mean (\pm SD) relative change (%) in energy expenditure over the 180 minute test period following the consumption of Aspire

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RESULTS



Mean (\pm SD) energy expenditure prior to and during the 180 minute test period following the consumption of Aspire or Placebo (n=20).

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SUMMARY

In conclusion the present study shows that acute consumption of Aspire significantly increases REE by a mean $1.16 \text{ kcal}\cdot\text{min}^{-1}$ during the 180 minute test period. A total of 209 kcal were expended over the 180 minute test period.

**The study was conducted at Leeds Metropolitan University
by Professor Roderick King and Dr John O'Hara.**



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