



## **Ikaria Juice**

### **Full Ikaria Lean Belly Juice Reviews (FXWVR )**

Updated: June 02, 2023

Ikaria Lean Belly Juice Review: Our Concerns.

Calloway Cook Calloway Cook is the President of Illuminate Labs and has reviewed over 1,000 clinical trials. See full bio. , Author | Taylor Graber MD Taylor Graber is a Medical Doctor (MD) and a practicing anaesthesiologist. He's also an entrepreneur who runs a health and wellness startup. See full bio. , Medical Reviewer | Mar 21, 2023.

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Medically Cited.

We review published medical research in respected scientific journals to arrive at our conclusions about a product or health topic. This ensures the highest standard of scientific accuracy.

| Fact-Checked.

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Read our Editorial Guidelines to learn more about what makes our site the premier resource for online health information.

I karia Lean Belly Juice is a weight loss product sold online and on Amazon. Retailers of the beverage claim that it can support natural weight loss and contains "superfoods."

But does Ikaria Lean Belly Juice contain ingredients proven to cause weight loss in research studies? Does it contain any unhealthy additive ingredients? Why is there an ingredient discrepancy between Amazon and the retail websites? And how do real users rate and describe the effects of Ikaria Lean Belly Juice?

In this article we'll answer all of these questions and more as we analyze the ingredients in Ikaria Lean Belly Juice based on medical studies to give our take on whether the supplement is likely to be effective or if it's a waste of money.

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Ingredient Analysis.

The ingredients in Ikaria Lean Belly Juice are shown above. The brand fails to clearly publish ingredient doses on their website which is the sign of a low-quality brand.

Some of the ingredients in this supplement have been clinically shown to cause weight loss.

Resveratrol was shown in a medical review published in the Nutrients journal to cause weight loss in overweight and obese individuals.

EGCG is the main chemical compound in green tea, which was shown to cause 2.53 pounds of weight loss over 12 weeks in a 2016 clinical trial .

Fucoxanthin was shown in one clinical trial to cause weight loss, as we documented in our review of Meticore which is another weight loss supplement containing this

ingredient.

There are no other ingredients in this formulation that we consider effective for weight loss based on our review of clinical trials.

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Based on this formulation, we consider Ikaria Lean Belly Juice potentially effective for weight loss. But why do we recommend avoiding it? We'll share our concerns about ClickBank products in the next section.

Our Concerns About ClickBank Products.

Ikaria Lean Belly Juice is sold on an affiliate platform called ClickBank which allows marketers and other entities to promote it with essentially no pre-approval. This creates an incentive structure for people without relevant medical or scientific credentials to make specific health claims about supplements, which we believe is a risky situation.

As we documented in our Java Burn reviews article on another ClickBank product, we consider it a sign of a low-quality brand to market on ClickBank, as we haven't come across one single ClickBank supplement that we would recommend in our hundreds of Illuminate Health reviews.

As a consumer, one way to quickly check if a product is sold on or by ClickBank is to check the footer of the product's website for a disclaimer like the one shown above.

A TikTok user named Connor Auld shows how easy it is to sign up and use ClickBank to promote health products for referral income:

Why We Recommend Avoiding This Supplement on Amazon.

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The supplement sold under the "Ikaria" name on Amazon (and Walmart) does not appear to be the same supplement or have the same ingredients, as shown by its Supplement Facts label below:

There's an increased risk of counterfeit or potentially harmful products when purchasing supplements that are copying a brand's name in our opinion, because it's a sign of disregard for consumer welfare to do so.

We don't want to link to any retailers of Ikaria Lean Belly Juice to support their business, but as a consumer if you're looking for the official product the best way to find it is to search "Ikaria Lean Belly Juice" into Google and click on one of the top sponsored links.

Real, Un-sponsored Ikaria Lean Belly Juice Reviews.

A TikTok user named “OnlineOps4” reviewed Ikaria Lean Belly Juice and claims it caused weight loss. It’s worth noting that they have a link in their video so there may be bias:

Another TikTok user named “HealthyVibes” claims that there are several benefits associated with use of this supplement:

@healthyyvibe Ikaria Lean Belly Juice has 8 of the most powerful, exotic, fat-burning nutrients on the planet. Beetroot is one of the .#weightloss #fatburner#juice 🎵 Sunshine - WIRA.

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Ikaria Lean Belly Juice doesn’t appear to have been studied in any clinical trials so it’s impossible to say for certain whether or not the supplement will cause side effects.

However, we can make an educated guess based on its active ingredients.

EGCG can cause side effects at high doses. At a dose of 600 milligrams (mg) or above daily, it may cause liver damage according to a medical review published in the Toxicology Letters journal.

This is why it’s so unacceptable for supplement manufacturers to fail to clearly publish ingredient doses.

Overall we do not believe that Ikaria Lean Belly Juice is likely to cause side effects, but we can’t be certain due to the lack of clearly-published dosages. The manufacturer’s website mentions that there are no side effects.

Can Food Supplements Cause Weight Loss?

There are several food-based weight loss supplements with significant research backing.

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A landmark medical study found that moderate caloric restriction (750 calories per day below baseline) combined with dietary fiber intake (a minimum of 20 grams per day) caused an average weight loss of 16.03 pounds over 6 months. That’s a pace of 32 pounds per year of weight loss in overweight individuals simply by adding fiber to a moderately-restricted-calorie diet.

The fiber supplement we recommend is meta-study on MCT oil documented weight loss of 1.12 pounds over 10 weeks. This equates to a potential annualized weight loss of 5.84 pounds with MCT oil supplementation.

We recommend Bulletproof MCT Oil as our top MCT oil product, because it has a clean and effective formulation. The only ingredient is MCT oil derived from coconuts, and the product has no questionable additives. Interested consumers can buy Bulletproof MCT

Oil at this link to the product page on the official brand's website. This supplement only costs \$15.50 for over a month's worth of product.

Pros and Cons of Ikaria Lean Belly Juice.

Here are the pros and cons of Ikaria Lean Belly Juice in our opinion:

Pros:

Potentially effective No notable harmful ingredients.

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Failure to clearly publish ingredients ClickBank product Contains EGCG Hard to find unsponsored customer reviews Not clinically tested.