

# VIVA SLIM



Natural supplement that promotes an overall healthy lifestyle by aiding appetite suppression, increasing metabolism and helping maintain normal cholesterol levels.



Simple Promise's latest diet supplement is VivaSlim.

According to the manufacturer, taking two drops of VivaSlim daily may decrease hunger, enhance metabolism, and support cholesterol levels, among other advantages.

Does VivaSlim really function? How does VivaSlim work? What does VivaSlim do? Today's review covers all you need to know about VivaSlim.



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What exactly is VivaSlim?

VivaSlim is an online-sold nutritional supplement.

The dietary supplement, which costs \$50 for a 60mL bottle, promises to assist diet objectives with 11 natural components. The dietary supplement comprises plant extracts, vitamins, minerals, and proteins that help you achieve your weight reduction objectives.

Simply combine 10 drops of VivaSlim with water or your preferred beverage and consume it three times day to reduce weight.

Simple Promise, a Washington-based supplement producer, produces VivaSlim.

How does VivaSlim function?

VivaSlim claims that it promotes an overall healthy lifestyle by giving the following three benefits:

Helps to control hunger

Boosts metabolic rate

Maintains healthy cholesterol levels.

VivaSlim achieves these effects using components present in other weight reduction pills, including African mango extract and African plum bark extract. Rhodiola

Rosea and astragalus, which are uncommon in other weight reduction supplements, are also included.

These compounds are more than simply appetite suppressants. Supposedly, they put your fat cells in fat-burning mode.

VivaSlim promises to target adipocytes (fat cells) by switching them into release mode in order to tackle the underlying cause of abdominal obesity, which is a deficiency of adiponectin. Your body has difficulty losing weight due to a shortage of adiponectin, and VivaSlim promises to fix this problem, causing your body to burn fat.

### How Much Weight Loss Is Possible Using VivaSlim?

According to the VivaSlim sales website, consuming VivaSlim may result in considerable weight loss.

A mother of three who is 43 years old and claims to have shed 54 pounds while using VivaSlim. This lady also claims that the mixture cleared her mental haze, leaving her as sharp as ever.

On the sales website, a 69-year-old man claims to have dropped 36 pounds after using VivaSlim.

Another lady states that VivaSlim helped her lose 49 pounds of "ugly fat." This lady has battled to reduce weight via the use of fad diets and other methods. VivaSlim was the only product that was effective.

It indicates that VivaSlim promotes quick weight reduction. With the addition of VivaSlim to her routine, one lady says she dropped 20 pounds in one month "without exercise."

In a promotional film for VivaSlim, Simple Promise tells the tale of a lady who lost a substantial amount of weight by using the product. This lady alleges that she was bullied by her relatives throughout her childhood. Her father referred to her as "The Big Pasty Thing" and made fun of the amount of food she consumed whenever she went home. This lady got enough of being bullied, so she used VivaSlim to lose a large amount of weight.

Clearly, the manufacturers of VivaSlim believe in the supplement's weight reduction properties. Let's examine the workings of the formula and its origins in further detail.

## The History of VivaSlim

Further investigation into VivaSlim reveals the narrative of a lady called Laura Johnson. Laura and her two kids reside in a tiny town outside Portland, Oregon, with her husband. Laura identifies herself as a "typical lady from the Pacific Northwest" who has been a nurse her whole life.

Laura has battled with her weight throughout her whole life. She has tried several diets and fitness regimens. She went through periods of weight growth and loss. Nothing adhered. The severity of Laura's weight issue led to her relatives making fun of her. At Christmas dinner, her father referred to her as "The Big Pasty Thing," for instance.

Laura desired an alteration. She made the acquaintance of Alex. Alex asserts that he can have anything he wants without consequence: he regularly consumes high-calorie meals without gaining weight. Laura wanted to learn Alex's secret.

Alex described to Laura the "fast-release formula" he employs to remove fat from your cells. Laura began using Alex's approach and quickly dropped a substantial amount of weight without dieting or exercise.

To make a long tale short, Alex's recipe is now available in the shape of VivaSlim. Alex decided to mass-produce the formula after testing it on Laura and others and seeing that his control group lost an average of 45 pounds. Currently, you may purchase Alex's solution in the form of VivaSlim and get comparable weight loss.

### VivaSlim Ingredients

It is impossible to determine what is in the mix and how it works since VivaSlim does not provide specific component amounts. We know that the recipe contains 200mg of total active components, but we do not know the quantity of any individual ingredient.

African mango extract, L-ornithine, and L-carnitine are the first mentioned components, and they can all be found in other weight reduction pills.

The active chemicals are packed with water and 20% USP-grade alcohol in a recipe. Each bottle includes one hundred and twenty servings (0.5mL per serving).

Simple Promise summarizes the components and effectiveness of VivaSlim as follows:

African Mango Fruit Concentrate

Simple Promise claims that the African mango extract in VivaSlim may aid with weight loss, support cholesterol levels, and assist diabetic management. According to the label, a large portion of the VivaSlim composition consists of "African Mango Complex" mango extract.

### L-Ornithine

Supposedly, L-ornithine may cleanse the body and help you retain lean muscular mass. The more lean muscle mass you have, the more natural fat your body will burn. L-ornithine is included in several weight reduction and bodybuilding products. It is an essential amino acid for protein synthesis and energy production.

### L-Carnitine

L-carnitine is an amino acid that is often combined with L-ornithine. L-carnitine may be utilized for weight reduction and cognitive function, per Simple Promise. It plays a critical function in energy generation since it helps fat burning easier in the body.

### L-Arginine

According to Simple Promise, the third of VivaSlim's five amino acids, L-arginine, may decrease body weight and waist circumference.



## L-Glutamine

The fourth amino acid in VivaSlim is L-glutamine. L-glutamine, like L-arginine, is said to have several advantages, including "significant weight reduction" and "improved insulin control." Additionally, Simple Promise asserts that the L-glutamine in VivaSlim may affect immunological function and digestive wellness.

## Beta-Alanine

Beta-alanine is a frequent pre-workout supplement component. It is an amino acid that increases energy levels and provides the building blocks for lean muscular growth.

## Maca

Maca is a South American-grown botanical extract. According to studies, maca supports mood, metabolism, energy, and cognitive function, among other advantages. For its supposed benefits on libido and blood flow, maca is a common ingredient in male sexual health supplements.

## Niacin

According to Simple Promise, niacin is a B vitamin that may decrease cholesterol, alleviate arthritis, improve cognitive function, and reduce inflammation.

## Pygeum Africanum

This herbal extract, also known as African plum bark extract, seems to have antioxidant and anti-inflammatory properties.

## Rhodiola Rosea

Rhodiola Rosea has been used for its adaptogenic abilities for millennia. Rhodiola Rosea may reduce anxiety, weariness, and depression, according to studies. Several research indicate that Rhodiola Rosea enhances the body's resistance to physical and mental stress.

## Astragalus

Astragalus has been utilized for generations in traditional Chinese medicine. The herbal extract is said to offer, among other advantages, immune-boosting, anti-aging, and anti-inflammatory properties.

Together, these components contribute to the weight reduction advantages of VivaSlim.

## Scientific Evidence for VivaSlim

Simple Promise does not claim to have done any clinical studies validating VivaSlim's weight reduction results. However, thirteen studies are cited on the company's

'References' website. Studies on individual VivaSlim components were conducted by a third party.

Alex, the founder of VivaSlim, reveals obliquely an experiment he conducted on four ladies using his mixture. In this study, women lost an average of 45 pounds, making VivaSlim one of the most effective weight reduction aids ever developed. Alex did not reference a source or offer any information about his approach for this investigation.

In recent years, African mango extract has become one of the most popular weight reduction products. According to studies, African mango extract might decrease abdominal fat and waist circumference with little dietary and activity modifications. According to WebMD, some feel African mango extract is effective due to its high fiber content. Others claim that the extract has components that reduce cholesterol and enhance blood sugar regulation, enabling you to naturally eat less. We do not fully understand why African mango extract is effective or if it causes considerable weight reduction. Nonetheless, a few small studies have linked *Irvingia gabonensis* (extract of African mango) to mild weight reduction results.

VivaSlim reportedly includes amino acids that promote lean muscle mass and aid weight loss. Can amino acids

truly aid with weight loss? According to the findings of this 2018 research, the combination of branched-chain amino acids (BCAAs) with vitamin B6 may enhance fat metabolism and muscle synthesis. In other words, they promote fat loss and lean muscle development. In this study, researchers administered vitamin B6 and BCAAs to obese individuals and later noticed significant effects. Researchers provided individuals a far greater amount of amino acids than is included in VivaSlim (6,000mg per day of BCAAs). After four weeks, researchers discovered that individuals in the BCAA supplement group had more lean muscle mass after following a calorie-restricted diet, suggesting that BCAAs may aid in the preservation of lean muscle mass.

Although maca has not been thoroughly explored for weight reduction, it is included in VivaSlim. One of the largest studies on the benefits of maca on weight reduction was conducted on rats, not people. In this 2006 study, researchers noticed substantial hormonal changes and body weight decreases after administering maca extract to rats. This research was conducted on rats, not people, and the results have not been confirmed in a large-scale human investigation.

Overall, scientific evidence suggests that VivaSlim may aid weight reduction when combined with a good diet and exercise regimen. However, there is no scientific data to back the promises of rapid weight reduction on the VivaSlim website. People claim to have dropped between 20 and 70 pounds in a short amount of time while taking the supplement and doing little exercise.

### VivaSlim Pricing

VivaSlim costs \$49 each bottle, however the price reduces to \$31 per bottle when numerous bottles are purchased.

Here is how pricing is structured:

1 Bottle: \$49 + Free Shipping in the U.S.

Three bottles for \$117 plus free U.S. shipping

Six Bottles for \$186 with Free U.S. Shipping

### VivaSlim Refund Policy

Simple Promise has one of the most generous return policies in the dietary supplement industry. You may seek a full refund within a year of the initial purchase.

Contact Simple Promise for a complete refund if you did not lose a substantial amount of weight while using

VivaSlim, or if you are unsatisfied with the supplement's results for any reason.

### Regarding Simple Promise

The supplement firm Simple Promise is located in Camas, Washington.

The firm distributes a variety of supplements aimed at various health and wellness objectives. In addition to Meta Slim Complete, CitroBurn, and EpiShield Plus, other prominent goods from Simple Promise include Meta Slim Complete, CitroBurn, and EpiShield Plus.

### VivaSlim Closing Words

VivaSlim is a liquid medication that promises to facilitate considerable weight loss. The dietary supplement contains African mango extract and other herbal extracts to decrease hunger, maintain healthy cholesterol levels, and promote weight reduction.

It's likely that VivaSlim might help you lose weight when combined with a healthy diet and regular exercise. However, many of the weight reduction claims on the VivaSlim sales website are implausible, particularly those claiming considerable weight loss without exercise.

Thankfully, VivaSlim comes with a 365-day return policy. If you are dissatisfied with the outcomes of VivaSlim or if you did not experience considerable weight loss while using the product, you may request a full refund.

SAMPLER PACKAGE	BEST SELLER!	MOST POPULAR!
<p><b>1-MONTH SUPPLY</b></p>  <p><b>SAVE \$40</b></p> <p><b>\$49 /EACH</b></p> <p>FREE SHIPPING 365-DAY MONEY-BACK GUARANTEE</p> <p><b>LOWER MY SCALE</b> </p>	<p><b>6-MONTH SUPPLY</b></p>  <p><b>SAVE \$348</b></p> <p><b>\$31 /EACH</b></p> <p>FREE SHIPPING 365-DAY MONEY-BACK GUARANTEE</p> <p><b>LOWER MY SCALE</b> </p>	<p><b>3-MONTH SUPPLY</b></p>  <p><b>SAVE \$150</b></p> <p><b>\$39 /EACH</b></p> <p>FREE SHIPPING 365-DAY MONEY-BACK GUARANTEE</p> <p><b>LOWER MY SCALE</b> </p>