



## OUR MOST COMMON QUESTIONS!

Q1) Can Raspberry Ketones really help to lose weight?

A) YES! It affects a hormone in the body called 'Adiponectin'. This hormone can increase the rate that the body burns the fat and reduces the appetite. Bare in mind all bodies are different, so in some people it may take longer to have an effect.

Q2) What are the benefits of Raspberry Ketones?

A) Helps to breakdown the fat within the cells more effectively, helping the body to burn fat quicker.

Q3) Does this product only have raspberry in it. No Caffeine etc?

A) Correct. The product has no other ingredients beside Raspberry Ketones. Not that many 'Raspberry Ketones' supplements on Amazon are actually raspberry fruit extract because Ketones require a special extraction process! Peak naturals is one of the few brans that actually provides pure Raspberry Ketones.

Q4) Are they safe to use?

A) Yes! We always advise to consult a doctor before use if taking any other prescribed medication, pregnant or have any other known medical conditions.

Q5) How many in a bottle?

A) There is a month supply for all our supplements.

Q6) Can you use Garcinia Cambodia and Raspberry Ketones together?

A) Individually they are good for weight loss, but results are even better and faster when these supplements are combined. In fact, a concoction of both helps your body to store less fat and burn fat at the same time.

Q7) Can you take Garcinia Cambodia and Green Coffee Bean together?

- A) There is no better way than combining the two together. You can still lose weight taking these individually as they are both amazing supplements for fat burning and weight loss.

Q8) Do you have to be on a diet for these to work? (Garcinia Cambodia)

- A) Garcinia Cambodia works in three ways to aid weight loss. It releases the neurotransmitter serotonin, which makes you feel great and reduces food cravings. It gives your body a boost in metabolism leading to increase number of calories being burnt during exercise. It also reduces the amount of fat that's stored by your body from the food you eat. That being said, no special diet is required. However, we do strongly advise you to be involved in a reasonable healthy lifestyle to benefit from the effects of most natural weight loss supplements. You would see little to no effect if you have a high junk food type diet.

Q9) Are they suitable for vegetarians or vegans?

- A) YES!

DID THIS HELP? YES/NO LET US KNOW!

STRUGGLING TO FIND YOUR PERFECT SUPPLEMENT, WHY NOT TRY OUR FLOW CHART FOR A FUN WAY TO HELP YOU DECIDE!

QUESTION WASN'T ANSWERED, WHAT CAN I DO? – Get in touch with us with your own question at [peaknaturalsltd@gmail.com](mailto:peaknaturalsltd@gmail.com).

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