THE EFFECTS OF FIT ‘N RIGHT JUICE DRINK SUPPLEMENTED WITH L-CARNITINE, GREEN COFFEE EXTRACT AND B-VITAMINS ON BODY FAT LOSS AMONG YOUNG FILIPINO ADULTS

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Overweight and obesity defined by the World Health Organization (WHO) is the abnormal or excessive fat accumulation that may impair health. It has emerged as a worldwide health problem and major focus for therapeutic intervention. Multiple factors affect its prevalence: decreased physical activity, poor dietary habits, and excessive caloric intake. L-Carnitine and green coffee extract draw researchers because of its vital role in energy metabolism hence body fat and weight reduction. Twelve-week study was done to see the effect of L-carnitine and green coffee extract supplementation in Fit ‘N Right Juice Drink on body fat loss among young Filipino adults. Study participants were divided into two treatments, control and experimental. Experimental group was subdivided into four sub-groups: L-carnitine with green coffee extract, L-carnitine only, green coffee extract only and placebo. The test for significant differences among means of anthropometric, body composition, energy intake and expenditure was analyzed using the analysis of covariance (ANCOVA) and Duncan Multiple Range Tests (DMRT). Treatment group L-carnitine with green coffee extract showed highest reductions on changes in total body fat % (p<0.0001), BMI (p<0.0001) and fat mass (p<0.0001). Green coffee extract only group has the highest body weight decrease (p<0.0006) and L-carnitine only group registered the highest visceral fat loss (p<0.0015). Modification of diet and physical activity generally help improve morphometrics of subjects moreover Fit ‘N Right juice drink supplemented with L-carnitine and green coffee extract can further enhance not just weight and body fat loss but can also refine forms and body contours.

Key words: Filipino, Overweight, Obesity, Body Fat, L-carnitine, Green Coffee Extract, Juice Drink Supplementation