

New study reveals 'red hot' results

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A new weight-loss supplement tested by the University of Oklahoma Health and Exercise Science Department has the potential to burn as many calories as a 20-minute walk, according to Joel T. Cramer, assistant professor of exercise physiology.

Cramer says General Nutrition Centers contracted with OU to test the weight-loss benefits of the nutritional supplement called the tri-pepper blend, which contains black pepper, caffeine and a concentrated form of capsaicin—the ingredient that makes red peppers hot. The OU study showed energy expenditures of three to six percent, results which are statistically significant enough to validate product weight-loss claims, Cramer said.

A group of participants in the study were given the supplement or a [placebo](#) followed by a metabolic rate test. The study measured [oxygen](#) consumed and carbon dioxide produced by participants to determine the arresting [metabolic rate](#) of each after receiving the supplements. The study confirmed the viability of the weight loss supplement.

Provided by University of Oklahoma

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