Efficacy

Although reported by Dr. Oz as the “world’s number one miracle in a bottle” raspberry ketones (RK) have previously only been studied on rats, in-vitro, or with a small sample size of human subjects. The biological basis for the claims of this supplement appear to be supported by this research. Researchers believe RK aid in the breakdown of lipids in fat cells and increase the secretion levels of adiponectin - a hormone that functions to breakdown fatty acids and regulate glucose levels.

Safety/Drug Interactions

The U.S. Food and Drug Administration categorize this supplement as “Generally Recognized as Safe” with consumption of 2 mg or less. Supplement brands tend to contain a higher concentration. RK may cause jitteriness, rapid heart beat, and increase blood pressure. It is not recommended for pregnant or nursing women due to lack of research. RK may lower blood sugar and interact with heart rate, cholesterol, or hormone medications.

So What?

Raspberry ketone use for weight loss in humans is still an unknown. Research performed thus far have not used human subjects which makes dosing, bioavailability, side effects, drug interactions and effectiveness impossible to know. It is our recommendation that people do not take RK as a supplement aide for weight loss and should discuss all supplement use with a physician.

References


Park KS. Raspberry ketone increases both lipolysis and fatty acid oxidation in 3T3-L1 adipocytes. Planta Med. 2010;76:1654-1658.


Raspberry ketone diet: Why Dr OZ says to check this supplement out. Idealbite. www.Idealbite.com/raspberry-ketones/

Effective ways to raise adiponectin levels and burn fat plus top 5 beneficial adiponectin foods. GetLoss. www.getloss.com/weight-loss/strategies/how-to-increase-adiponectin.html


Adiponectin Foods. www.adiponectinsupplement.net/adiponectin-foods/
Raspberry ketone is a chemical found in red raspberries. Supplement claims include: weight loss, increase in lean body mass, and anti-aging and hair grown (when applied topically). Most brands of the supplement claim you can lose 2-5 lbs in 1 week, increase your metabolism, detox your body, and increase energy levels.

Extraction of pure raspberry ketone typically = 1-4mg per kg of raspberries. Extraction occurs through hydrogenation.

The hormone adiponectin in RK is believed to induce weight loss and is also found in avocados, olive oil, pumpkin, dark chocolate, fiber and fish oil supplements. Blood adiponectin levels can also be increased through exercise!

### Forms and Dosage

<table>
<thead>
<tr>
<th>Company name</th>
<th>Supplement name</th>
<th>Single dose (MG)</th>
<th>Dose/day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy natural system</td>
<td>Raspberry ketone</td>
<td>375 (1pill)</td>
<td>2-3</td>
</tr>
<tr>
<td>Hi-Tech Pharmaceuticals</td>
<td>Raspberry Ketone</td>
<td>125 (1pill)</td>
<td>1-2</td>
</tr>
<tr>
<td>NOW</td>
<td>7-KETO</td>
<td>100* (1 pill)</td>
<td>1-2</td>
</tr>
<tr>
<td>Cellucor</td>
<td>CLK</td>
<td>1014* (3 pills)</td>
<td>2</td>
</tr>
<tr>
<td>Ab cuts sleek and lean</td>
<td>Midsection solution</td>
<td>735.5* (1 pill)</td>
<td>6-9</td>
</tr>
</tbody>
</table>

*: proprietary blend containing other ingredients with no specific dose of RK

### Origin

Raspberry ketone has a very potent smell, making it popular for use in soaps, candies, and candles. It has more recently become popular for its alleged weight loss ability.

Berry flavored foods typically have a lab-produced artificial version of raspberry ketone, as the extraction process does not produce substantial natural quantities.

Raspberry ketone is also found in cranberries and blackberries.

### Cost

- $19.99-$59.99 per package
- $19.99-119.98 per month
- 60-120 pills per package
- 1-9 pills per day

More pure forms of raspberry ketone tend to be less expensive. Weight loss blends containing RK can be more expensive.