

Efficacy/Safety

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 aide in the breakdown of lipids in fat cells and increase the secretion levels of adiponectine- 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

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Raspberry Ketones

Rubus idaeus



What are Raspberry Ketones?

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 adiponectine 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 adiponectine levels can also be increased through exercise!



Forms and Dosage

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

*: 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.