Oz's Emerald Bean: An In-Depth Study Over the Thermogenic Effects of Green Coffee Bean Extract

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The study investigated the thermogenic properties of green coffee bean extract on a nonparametric group, as well as placebo expectancy in regards to weight loss. Subjects were measure in four categories pre-study: weight, waist circumference, Body Mass Index, and Body Fat Percentage. After measurements, subjects received either 800 mg of green coffee bean extract or 650 mg of gelatin capsules. Subjects were studied over a time-span of four weeks and instructed to not make any dietary changes while taking the capsules. Data was gathered from a post-study measurement and compared to the pre-study data. The study found supporting evidence that both green coffee bean extract and the gelatin capsules led to an overall weight loss in both groups. Data from both groups demonstrated an overall weight loss.

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