

### Enviga Green Tea

Whilst many scientific studies have shown a connection between green tea, caffeine and metabolism, Dietitian, Juliette Kellow reports on Enviga which is claimed to be the only ready-to-drink green tea that has been proven to increase calorie burning.



## Enviga - A Drink that Burns Calories

By Dietitian, [Juliette Kellow](#) BSc RD

**Ask any health expert the best way to burn more calories and they'll tell you to be more active. But now, a new soft drink has been launched in America that claims to burn calories.**

Enviga is a range of different flavoured green teas created jointly by The Coca-Cola Company and Nestle that's been proven to burn more calories than it provides. The drink combines an antioxidant found in green tea called EGCG (epigallocatechin gallate) and caffeine to boost metabolism.

In a study carried out by Nestle in collaboration with the University of Lausanne in Switzerland, normal weight 18 to 35 year olds who drank the equivalent of three cans of Enviga over the course of a day burnt an extra 106 calories.

Four other clinical studies have been carried out to evaluate the calorie burning properties of EGCG and caffeine. When the levels of EGCG and caffeine were comparable to that in three cans of Enviga, healthy individuals burnt an extra 60 to 100 calories.

Enviga Green Tea comes in three flavours – regular Green Tea, Berry and Peach – and provides just 5 calories per drink.

### WLR says...

This is certainly an interesting product and it looks set to start a new trend in the production of foods and drinks that boost metabolism and burn more calories than they actually provide.

Currently, there are no plans to launch Enviga in the UK, but if it's successful in America, chances are it will eventually end up hitting our supermarket shelves, too.

While burning an extra 100 calories a day could actually help us lose up to 10lb in a year, it's worth remembering that downing three cans of drink a day won't have all the other benefits that calorie-burning aerobic exercise provides such as toning muscles and improving cardiovascular fitness and lung capacity.

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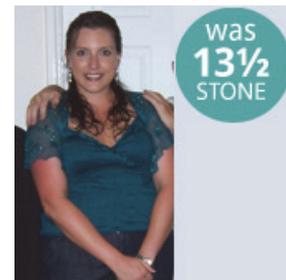
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## Enviga Green Tea Burns Calories

It would also be good to see some independent studies carried out to confirm Enviga's calorie-burning potential and to see if it aids weight loss over time.

New products such as Enviga and, more recently, [Aspire](#) are always interesting, it's important to remember that they're not a miracle cure. Bottom line: to lose weight and keep it off for life, you need to change your eating habits and take more exercise. So don't give up your diet and fitness plan just yet!

For more information visit [www.enviga.com](http://www.enviga.com)

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