

African Lean Belly Reviews and Complaints An Unbiased Look at Health Benefits SDDfg Pricing \$47

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Welcome to the most comprehensive African Lean Belly Review!

Have you ever wondered why people in Africa have lean bellies? The secret is in their diet, which is mainly composed of plant based organic herbs, fruits and vegetables that grow wild in their natural habitats. In most cases these herbs are consumed daily, as food, by people who are not even aware of their health and nutritional benefits.

One lady from the United States, named Sharon J, has had a rare opportunity to be exposed to some of these herbs and has created her own concoction which she called the African Lean Belly, which is a dietary supplement used to promote weight loss. African Lean Belly is sold exclusively online through the African Lean Belly official website.

This African Lean Belly review is intended to answer all the questions you might have about the dietary supplement and provide you with details of how it works, its ingredients, side effects and effectiveness.



Quick Overview

Product Name: African Lean Belly

Main Benefits: Minimizes the chances of developing binge-eating habits there by promoting a lean belly by suppressing the desire to eat unnecessarily.

Specification: Losing a significant amount of weight within 2 to 12 weeks without dieting or exercising

Creator: Sharon J

Category: Fitness & Health

Price: \$47.00

Availability: Only through the official website

[Click Here to Order African Lean Belly From Official Website and Get an Exclusive Discount Offer](#)

What is African Lean Belly?

African Lean Belly is a fat burning dietary supplement that works by suppressing hunger cravings and burning 1 pound of belly fat in as short a period as 48 hours, without placing any limitations on diet or requiring strenuous exercises.

Needless to say however, we all know the benefits of adequate exercise and maintaining a balanced diet, for optimum results.

Sharon's claims of rapid weight loss through the use of African Lean Belly (ALB) are backed up by several people who all testify, on African Lean Belly's official website, that they lost between 20 and 100 pounds of belly fat within a few weeks of taking the formula, without any dieting or strenuous exercises.

Some even claim to have been cured of depression and felt rejuvenated, whilst others claim to have gained clarity and focus after taking African Lean Belly.

How Does African Lean Belly Work?

You have every reason to be doubtful when a dietary supplement claims to burn tens of pounds of fat in a few weeks, without the need for dieting or strenuous exercises.

Research has proved that weight loss can only be achieved by keeping to a low calorie diet, coupled with strenuous exercise, over a long period of time.

How then does African Lean Belly achieve the results claimed by Sharon, and the other proponents of the formula, without dieting and strenuous exercise?

The African Lean Belly formula is based on a concoction of herbs recommended by an African Herbalist as a fast, easy, and effective way to lose weight.

A better understanding of how African Lean Belly works can only be achieved by understanding the ingredients in the concoction.

African Lean Belly contains the following herbal extracts, plants and fruit extracts, which are rich in vitamins, nutrients, and

other ingredients which have properties that lead to weight loss:

Synetrim CQ (150mg):

Synetrim is an extract of *Cissus quadrangularis*, a grape plant native to West Africa, Southeast Asia and India. It has been extensively used in traditional medical practices for centuries treating a range of maladies, including Weight Management, for which it has been clinically studied and has been found to be effective.

Each portion of African Lean Belly contains 150mg of Synetrim CQ. Traditional medicine practitioners in Africa have used this plant extract for centuries to help with weight loss and general health and wellness.

Some studies have found that Synetrim extract can absorb dietary fat, carbs, and sugars.

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Garcinia Cambogia (1,200mg):

African Lean Belly contains *Garcinia cambogia* extracts. *Garcinia cambogia* is a small, pumpkin-shaped, yellow or greenish fruit. The fruit is native to India and Southeast Asia, and is also found in Southern Africa.

The fruit rind contains the chemical hydroxycitric acid (HCA) and is used for conditions such as obesity, enhancing athletic performance, joint pain, and many others. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), an active substance that has been proved to have some weight loss properties.

Research has shown that HCA tampers with the body's ability to store fat, thereby inhibiting the accumulation of fat in the body by blocking your body from converting carbs into fats. Multiple studies have also shown that *Garcinia cambogia* suppresses hunger, thereby reducing appetite and making it easier to lose weight.

Green Tea Extract (200mg):

Green tea has been scientifically proven to be one of the healthiest beverages in the world. It is laden with antioxidants that have many health benefits, which include: improved brain function; fat loss; protecting against cancer and lowering the risk of heart disease.

Multiple studies have also connected green tea extract to weight loss, energy, digestion, and cardiovascular health, among other benefits. Each portion of African Lean Belly contains green tea extract 200mg.

Turmeric (100mg):

Turmeric is a spice that comes from the turmeric plant and is normally used in Asian food. Turmeric is also a major ingredient in curry powder. The active ingredient in turmeric is called Curcumin, and it has powerful biological properties.

In India, turmeric is recommended for the treatment of a variety of ailments, which include chronic pain and inflammation. Studies have also established the effectiveness of turmeric as a pain reliever, healing agent, detoxifier and body cleansing agent.

Each portion of African Lean Belly contains 100mg of turmeric.

Ginger (50mg):

Ginger has been used as a traditional and alternative medicine for a variety of ailments, since time immemorial.

Ginger is rich in a substance known as gingerol, which has powerful anti-inflammatory and antioxidant properties. It is this substance which is responsible for much of ginger's medicinal properties.

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How should one take African Lean Belly?

For effective results, two capsules of African Lean Belly should be taken daily, preferably 30 minutes before breakfast. This is enough to melt away 1lb of fat in 48 hours. According to the African Lean Belly official website more than 24,000 people have already lost in excess of 97lbs of belly fat, by following this routine.

What are the Health Benefits of African Lean Belly?

The African Lean Belly supplement minimizes the chances of developing binge-eating habits thereby promoting a lean belly by suppressing the desire to eat unnecessarily

Some of the benefits advertised on African Lean Belly's official website include:

- Maintaining a normal blood pressure
- Detoxifying the body
- Preventing hormone imbalance
- Losing a significant amount of weight within 2 to 12 weeks without dieting or exercising
- Improvement in pancreatic health
- Improved mood and energy
- Alleviating depression caused by obesity
- Improved healing of joints
- Boosting of confidence
- Boosting metabolism

In addition to rapid weight loss users are therefore, guaranteed to enjoy a lot more health benefits, if they take African Lean

Belly. Users also need not worry about potential side effects, since African Lean Belly has undergone rigorous scientific and laboratory testing to ensure its safety, purity, and effectiveness.

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How long does it take to start noticing the results?

Users who follow the daily routine report noticing remarkable improvements in their general outlook and energy levels in as little as two weeks. It however, takes between two and three months for users to start noticing long-term changes.

Pros: Things I like about using African Lean Belly

Several research studies have proved that the ingredients used in the product can help lose weight. Compared to other alternatives on the market, African Lean Belly achieves long lasting results much faster since it uses natural ingredients. Since it offers other numerous benefits in addition to weight loss, African Lean Belly provides more value for money than most competitor products. African Lean Belly offers a 60-day money back guarantee if users feel they are not happy with the performance of African Lean Belly.

Users can enjoy a discount if they buy African Lean Belly in bulk.

More than 24,000 people have already used the formula to lose a significant amount of weight, with notable success.

Cons: Things you might not really like about African Lean Belly

African Lean Belly has not been evaluated by the Food and Drug Administration.

Like most dietary supplements, there is no evidence that the makers of African Lean Belly have conducted any clinical trials on their formula to adequately verify its effectiveness. However, the effectiveness of African Lean Belly has been confirmed by the more than 24,000 people who have shown confidence in it so far.

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What is the Price of African Lean Belly

African Lean Belly's pricing plans work on a single payment based model and you can see a glance of what these plans cost in the image below. Buying a single bottle will cost \$69. The price drops to as low as \$47 per bottle when ordering multiple units through official website.

This translates to \$69 for a single bottle, \$159 for three bottles and \$279 for a pack of 6 bottles. Free shipping is generally offered for multi-pack purchases. Users who order single bottles will be required to add an additional \$9.95 for shipping.

Please note that each bottle contains 60 capsules (30 servings). You take two capsules daily before breakfast to quickly lose weight.

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How to buy African Lean Belly

Currently, African Lean Belly can be purchased online on the product's official website. You won't find African Lean Belly in stores, local pharmacy, or Amazon.

Does African Lean Belly have a Refund Policy?

Indeed, African Lean Belly has a 60-day money back refund policy. If for any reason, you are not happy with the performance of African Lean Belly, within 60 days of purchasing the supplement, you can request a complete refund.

To get a refund, you simply need to return the bottle to the manufacturer (even if the bottle is empty). The company does not however, refund original shipping costs or return shipping costs.

African Lean Belly Review Conclusion

By and large, the African Lean Belly supplement has proved to be one of the greatest breakthroughs in weight loss history. Indeed, the fact that African Lean Belly is being used by more than 24,000 people is clear testimony of its effectiveness in helping people lose weight.

Through African Lean Belly, you can now access a cost effective weight loss solution, formulated specifically to provide rapid results within the shortest possible time-frames.

All one needs to do is spend 10 seconds taking African Lean Belly before breakfast every morning in order to lose a significant amount of belly fat within days.

For more information on African Lean Belly and to read more customer reviews, visit the official African Lean Belly website. They have more details regarding the price, coupon codes and details that you will find interesting.

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