PC LABORATORIES™

MISSION

At PC Laboratories, we are committed to developing and delivering science-backed, high-quality supplements that support our customers' health and fitness goals. Our products are clinical and effective, and we strive to provide a transparent and trustworthy brand experience for everyone who trusts us with their wellness journey.

ABOUT PC LABORATORIES

- Paul Wigger (CEO & Founder)
- The creator of the:

3 STEP FAT LOSS SYSTEM

- Over 10 years of trials and refinement
- The first system in the world of its kind
- Created for health practitioners
- AUSTL Listed

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Let’s be honest, every bride wants to feel her best in her dress. When taken correctly and at the right time, I was able reach those goals early and even eat nuggets on my wedding morning to fill out the dress. Concentration, fat loss, cravings you name it! It worked! Do some research & look into PC Laboratories.

CASSIE S

PC Laboratories Customer

STEP 1 – BURN CALORIES

PROBURN ADVANCED

- Calories in & out
- How to burn calories?
  - BMR
  - Daily Activity
  - Calorie Burner

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STEP 1 – BURN CALORIES

PROBURN ADVANCED

- Increase Metabolism & Thermogenesis
- More Energy & No Crash
- Improve Mood & Focus
- Reduce Appetite & Cravings

- ADULT DOSE: Take one capsule first thing in the morning with food and with 250-500ml of water. Take another capsule with lunch or before training (at least 3 hours apart) no later than 5pm or as recommended by your healthcare practitioner.

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REFERENCES – STEP 1 | PROBURN ADVANCED

CAFFEINE

- The effects of caffeine intake on weight loss: a systematic review and dos-response meta-analysis of randomized controlled trials. | https://www.ncbi.nlm.nih.gov/pubmed/30335479 |*Overall, the current meta-analysis demonstrated that caffeine intake might promote weight, BMI and body fat reduction.*
- Body weight loss and weight maintenance in relation to habitual caffeine intake and green tea supplementation. | https://www.ncbi.nlm.nih.gov/pubmed/16076989 |*High caffeine intake was associated with weight loss through thermogenesis and fat oxidation.*
- Caffeine (1, 3, 7-trimethylxanthine) in foods: a comprehensive review on consumption, functionality, safety, and regulatory matters. | https://www.ncbi.nlm.nih.gov/pubmed/20492310 | *Caffeine has also been recently linked to weight loss and consequent reduction of the overall risks for developing the metabolic syndrome.*
- Caffeine intake is related to successful weight loss maintenance. | https://www.ncbi.nlm.nih.gov/pubmed/26554757 |*Consumption of caffeinated beverages might support weight loss maintenance.*

GREEN TEA EXTRACT

- Green tea extract thermogenesis-induced weight loss by epigallocatechin gallate inhibition of catechol-O-methyltransferase. | https://www.ncbi.nlm.nih.gov/pubmed/17201629 | *Reports have shown that green tea extract intake is associated with increased weight loss due to diet-induced thermogenesis, which is generally attributed to the catechin epigallocatechin gallate. That catechin-polyphenols are known to be capable of inhibiting catechol-O-methyltransferase (the enzyme that degrades norepinephrine) is a possible explanation for why the green tea extract is effective in stimulating thermogenesis by epigallocatechin gallate to augment and prolong sympathetic stimulation of thermogenesis.*
- Green tea and thermogenesis: interactions between catechin-polyphenols, caffeine and sympathetic activity. | https://www.ncbi.nlm.nih.gov/pubmed/10702779 | *Synergistic interaction between Green tea Catechin-Polyphenols and caffeine to augment and prolong sympathetic stimulation of thermogenesis could be of value in assisting the management of obesity.*
- Antiobesity effects of green tea catechins: a mechanistic review. | https://www.ncbi.nlm.nih.gov/pubmed/21115335 |*Results from a number of randomized, controlled intervention trials have shown that consumption of Green Tea Catechins (270 mg to 1200 mg/day) may reduce body weight and fat.*

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REFERENCES – STEP 1 | PROBURN ADVANCED

SYNEPHRINE

- The Effects of Supplementation with p-Synephrine Alone and in Combination with Caffeine on Metabolic, Lipolytic, and Cardiovascular Responses during Resistance Exercise. | https://www.ncbi.nlm.nih.gov/pubmed/27484437 |*Supplementation with Synephrine and Synephrine+Caffeine increases lipolysis primarily at rest and increases VO_2, EE, and fat oxidation rates 30 minutes following RE. No Heart Rate changes were observed unless caffeine was added.*
- Safety, Efficacy, and Mechanistic Studies Regarding Citrus aurantium (Bitter Orange) Extract and p-Synephrine. | https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5655712/ | *No adverse effects were observed or reported with respect to* p*-synephrine consumption in the presence or absence of caffeine, while* p*-synephrine increased desirable effects including lipolysis, energy expenditure, fat oxidation*
- Effects of p-synephrine alone and in combination with selected bioflavonoids on resting metabolism, blood pressure, heart rate and self-reported mood changes. | https://www.ncbi.nlm.nih.gov/pubmed/21537493 | *The group receiving p-synephrine (50 mg) alone exhibited a 65 kcal increase in RMR as compared to the placebo group.*

CAPSAICIN

- Acute effects of capsaicin on energy expenditure and fat oxidation in negative energy balance. | https://www.ncbi.nlm.nih.gov/pubmed/23844093 |*Consumption of 2.56 mg capsaicin per meal promotes fat oxidation in negative energy balance*
- Effects of red pepper on appetite and energy intake. | https://www.ncbi.nlm.nih.gov/pubmed/10743483 | *Results indicate that the ingestion of red pepper decreases appetite and subsequent protein and fat intakes in Japanese females and energy intake in Caucasian males. Moreover, this effect might be related to an increase in sympathetic nervous system activity in Caucasian males.*
- The effects of capsaicin and capsiate on energy balance: critical review and meta-analyses of studies in humans. | https://www.ncbi.nlm.nih.gov/pubmed/22038945 | *Evidence indicates that capsaicin and capsiate both augment energy expenditure and enhance fat oxidation, especially at high doses. Furthermore, the balance of the literature suggests that capsaicin and capsiate suppress orexigenic sensations.*
- Sensory and gastrointestinal satiety effects of capsaicin on food intake | https://www.ncbi.nlm.nih.gov/pubmed/15611784 |*Both oral and gastrointestinal exposure to capsaicin increased satiety and reduced energy and fat intake; the stronger reduction with oral exposure suggests a sensory effect of capsaicin.*

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REFERENCES – STEP 1 | PROBURN ADVANCED

EnXtra®

- Effect of Alpinia galanga on Mental Alertness and Sustained Attention With or Without Caffeine: A Randomized Placebo-Controlled Study. | https://pubmed.ncbi.nlm.nih.gov/28910196/ | *A galanga (E-AG-01) induces a beneficial effect in mental alertness and the combination of A galanga with caffeine impedes the caffeine crash and improves sustained attention at 3 hours. Thus, these stimulant effects might yield a new usage for A galanga as a key ingredient in energy drinks or similar products.*

- A Randomized Placebo Controlled Clinical Trial Demonstrating Safety & Efficacy of EnXtra® in Healthy Adults. | https://pubmed.ncbi.nlm.nih.gov/32412358/| *Post consumption, alertness and calmness scores were significantly increased in the EnXtra®, and EnXtra® plus caffeine group ($p < 0.001$) as compared to placebo. Daytime sleep scores decreased in the EnXtra® group however change was not significant. Sleep quality remained undisturbed in all three arms.Conclusion: The findings demonstrated the psychostimulant efficacy of EnXtra® with no safety concerns on long-term usage.*

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STEP 2 – TARGET FAT

PROALCAR+ ADVANCED

- Why do we focus on Fat Loss & NOT Weight Loss?
- The Importance of Muscle Tissue

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STEP 2 – TARGET FAT

PROALCAR+ ADVANCED

- Binds to Fat Molecules
- Allows the mitochondria to oxidise fat as fuel
- Ensures Calorie Burn is coming from fat

- **POWDER (with GBB) OR CAPSULE**
- ADULT DOSE: Take one capsule first thing in the morning with food and with 250-500ml of water. Take another capsule with lunch or before training with 250-500ml of water or as recommended by your healthcare practitioner.

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REFERENCES – PROALCAR+ ADVANCED

CARNITINE

- Physiological functions of carnitine and carnitine transporters in the central nervous system. | https://www.ncbi.nlm.nih.gov/pubmed/18646596 | *L-Carnitine is an essential co-factor in the metabolism of lipids and consequently in the production of cellular energy. This molecule has important physiological roles, including its involvement in the beta-oxidation of fatty acids by facilitating the transport of long-chain fatty acids across the mitochondrial inner membrane as acylcarnitine esters.*
- Chronic oral ingestion of L-carnitine and carbohydrate increases muscle carnitine content and alters muscle fuel metabolism during exercise in humans. | https://www.ncbi.nlm.nih.gov/pubmed/21224234/ |*This is the first demonstration that human muscle TC can be increased by dietary means and results in muscle glycogen sparing during low intensity exercise (consistent with an increase in lipid utilisation)*
- A Pilot Clinical Trial on L-Carnitine Supplementation in Combination with Motivation Training: Effects on Weight Management in Healthy Volunteers. | https://file.scirp.org/pdf/FNS_20130226140703 23.pdf | *The administration of L-carnitine in combination with enhanced physical exercise may have led to the observed reduction of body weight by increasing the rate of fat oxidation. L-carnitine seems to induce a slow but consistent increase of muscle carnitine stores.*
- Effects of oral L-carnitine supplementation on in vivo long-chain fatty acid oxidation in healthy adults. | https://www.ncbi.nlm.nih.gov/pubmed/12404185 |*We observed a significant increase in (13)CO(2) exhalation. This is the first investigation to conclusively demonstrate that oral L-carnitine supplementation results in an increase in long-chain fatty acid oxidation in vivo in subjects without L-carnitine deficiency or without prolonged fatty acid metabolism.*
- The effect of l-carnitine on fat oxidation, protein turnover, and body composition in slightly overweight subjects. | https://www.ncbi.nlm.nih.gov/pubmed/15281008 |*L-carnitine supplementation led to a significant increase in 13C-fat oxidation whereas protein synthesis and breakdown rates remained unchanged, indicating that the increased dietary fat oxidation in slightly overweight subjects was not accompanied by protein catabolism.*

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REFERENCES – PROALCAR+ ADVANCED

YERBA MATE (CAPSULE ONLY)

- Anti-obesity effects of yerba maté extract (Ilex paraguariensis) in high-fat diet-induced obese mice. | https://pubmed.ncbi.nlm.nih.gov/19444227/ | Yerba mate extract administration for 4 weeks significantly decreased body weight, adipose tissue content, and improved serum lipid profiles in high-fat diet-induced obese mice. The results indicate a potential role of yerba mate in obesity management.
- Yerba Maté (Illex Paraguariensis) ingestion augments fat oxidation and energy expenditure during exercise at various submaximal intensities. | https://pubmed.ncbi.nlm.nih.gov/25342955/ | Consumption of yerba mate resulted in higher fat oxidation during exercise compared to the placebo, suggesting its potential benefits for enhancing fat utilization during exercise, which might contribute to body weight and fat loss.

GAMMA-BUTYROBETAINE (POWDER ONLY)

- Gamma-Butyrobetaine hydroxylase activity is not rate limiting for carnitine biosynthesis in the human infant. | https://www.ncbi.nlm.nih.gov/pubmed/3110383 | *Plasma carnitine concentration increased twofold when infants were fed either epsilon-N-trimethyl-L-lysine and increased threefold when infants were fed gamma-butyrobetaine.*

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STEP 3 – REDUCE STUBBORN AREAS

PROCLA ADVANCED

- What is Subcutaneous Adipose White Fat?
- How do Enzymes Work?

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STEP 3 – REDUCE STUBBORN AREAS

PROCLA ADVANCED

- Enzymic Process
- Unlocks fat from stubborn areas

- DIRECTIONS FOR USE:
  Take approximately 1ml three times per day with your main meals. Drink at least 3L of water spread evenly throughout the day. Use STEP 3 (ProCLA) with STEP 1 (ProBURN) and STEP 2 (ProALCAR+) for best results.

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REFERENCES – PROCLA ESSENTIAL

CONJUGATED LINOLEIC ACID

- Conjugated linoleic acid supplementation alters the 6-mo change in fat oxidation during sleep | https://www.ncbi.nlm.nih.gov/pubmed/17823448?dopt=Abstract | *Mixed isomer CLA supplementation, but not placebo, positively altered fat oxidation and energy expenditure during sleep.*
- The role of conjugated linoleic acid in reducing body fat and preventing holiday weight gain. | https://www.ncbi.nlm.nih.gov/pubmed/16924272?dopt=Abstract | *CLA supplementation among overweight adults significantly reduced body fat over 6 months and prevented weight gain during the holiday season. No adverse effects were seen.*
- Conjugated linoleic acid supplementation for 1 y reduces body fat mass in healthy overweight humans. | https://www.ncbi.nlm.nih.gov/pubmed/15159244/ | *Long-term supplementation with CLA-FFA or CLA-triacylglycerol reduces Body Fat Mass in healthy overweight adults.*
- Supplementation with conjugated linoleic acid for 24 months is well tolerated by and reduces body fat mass in healthy, overweight humans. | https://www.ncbi.nlm.nih.gov/pubmed/15795434/ | *This study shows that CLA supplementation for 24 mo in healthy, overweight adults was well tolerated. It confirms also that CLA decreases BFM in overweight humans, and may help maintain initial reductions in BFM and weight in the long term.*
- Conjugated linoleic acid reduces body fat mass in overweight and obese humans. | https://www.ncbi.nlm.nih.gov/pubmed/11110851?dopt=Abstract | *Repeated-measures analysis showed that a significantly higher reduction in BFM was found in the conjugated linoleic acid groups compared with the placebo group*
- Influence of conjugated linoleic acid on body composition and target gene expression in peroxisome proliferator-activated receptor alpha-null mice. | https://www.ncbi.nlm.nih.gov/pubmed/11731333?dopt=Abstract | *CLA causes increased levels of mRNAs encoding lipid metabolizing and mitochondrial uncoupling proteins that likely contribute to the mechanisms underlying reduced fat/increased lean body mass resulting from consumption of dietary CLA.*
- Conjugated linoleic acid (CLA), body fat, and apoptosis. | https://www.ncbi.nlm.nih.gov/pubmed/11316347 |*CLA consumption causes apoptosis in white adipose tissue. This effect occurs within 5 days of consuming a diet that contains CLA.*
- Conjugated linoleic acid persistently increases total energy expenditure in AKR/J mice without increasing uncoupling protein gene expression. | https://www.ncbi.nlm.nih.gov/pubmed/11015475 |*CLA treatment reduced adipose depot weights by approximately 50% but had no significant effects on either body weight or energy intake. CLA increased EE persistently by an average of 7.7% throughout the 5-wk experiment.*
- Trans-10, cis-12 conjugated linoleic acid increases fatty acid oxidation in 3T3-L1 preadipocytes. | https://www.ncbi.nlm.nih.gov/pubmed/11880570 | *Proven*

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THE FINAL PIECE OF THE PUZZLE

- Ladies: 2.7L per day
- Gentlemen: 3.9L per day
- Additions for:
  - Alcohol
  - Exercise
  - Coffee

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"Take care of your body. It's the only place you have to live."

THANK YOU

Paul Wigger

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