

**Please Take One!**



## **SUPPLEMENT OF THE MONTH: Raspberry Ketones**

---

### **What are Raspberry Ketones?**

Raspberry ketones are one of the aromatic compounds found in raspberries, responsible for the aroma found in the fruit. It is a phenol compound used as a natural flavor food additive in many foods. It is also found in perfumes and cosmetics. It can also be made synthetically, since the natural compound is very expensive.

Raspberry ketones have been shown to be chemically similar to capsaicin, which is found in chile peppers. These compounds may help burn fat and therefore aid in weight loss.

### **Where is it found?**

It is a supplement. It comes from red raspberries.

### **What are the benefits?**

Raspberry ketones are used for weight loss, obesity and increasing lean body mass. They may also improve insulin sensitivity and reduce fat in the liver. It is also used for hair loss (alopecia).

### **Are there interactions with medications?**

Raspberry ketones may affect warfarin and care should be taken when using this combination.

### **Are there side effects?**

No reliable information is known on the safety of raspberry ketones. No clinical trials have been done and little is known about its long-term safety. Chemically, it is similar to synephrine and there is some concern that the supplement may cause increased heart rate, blood pressure and feelings of jitters.