

Scientific References

1) Circadian regulation in human white adipose tissue revealed by transcriptome and metabolic network analysis

<https://www.nature.com/articles/s41598-019-39668-3>

2) Low-fat dietary pattern and weight change over 7 years: the Women's Health Initiative Dietary Modification Trial

<https://pubmed.ncbi.nlm.nih.gov/16391215/>

3) The carbohydrate-insulin model: a physiological perspective on the obesity pandemic

<https://academic.oup.com/ajcn/article/114/6/1873/6369073>

4) Circadian regulation in human white adipose tissue revealed by transcriptome and metabolic network analysis

<https://www.nature.com/articles/s41598-019-39668-3>

5) Fat cells work different 'shifts' throughout the day

<https://sciencedaily.com/releases/2019/02/190225075605.htm>

6) Caffeine intake is related to successful weight loss maintenance

<https://pubmed.ncbi.nlm.nih.gov/26554757/>

7) Energy restriction combined with green coffee bean extract affects serum adipocytokines and the body composition in obese women

<https://apjcn.nhri.org.tw/server/APJCN/26/6/1048.pdf>

8) The effect of (L-)carnitine on weight loss in adults: a systematic review and meta-analysis of randomized controlled trials

<https://pubmed.ncbi.nlm.nih.gov/27335245/>

9) Neurochemical and behavioral effects of green tea (*Camellia sinensis*): a model study

<https://pubmed.ncbi.nlm.nih.gov/23625424/>

10) Effect of green tea on glucose control and insulin sensitivity: a meta-analysis of 17 randomized controlled trials

<https://academic.oup.com/ajcn/article/70/6/1040/4729179>

11) A Green Tea Extract High in Catechins Reduces Body Fat and Cardiovascular Risks in Humans

<https://academic.oup.com/ajcn/article/98/2/340/4577179>

12) **<https://onlinelibrary.wiley.com/doi/full/10.1038/oby.2007.176>**

13) The combination of L-theanine and caffeine improves cognitive performance and increases subjective alertness

<https://pubmed.ncbi.nlm.nih.gov/21040626/>

14) Acute effects of tea constituents L-theanine, caffeine, and epigallocatechin gallate on cognitive function and mood: a systematic review and meta-analysis

<https://pubmed.ncbi.nlm.nih.gov/24946991/>

15) Theanine consumption, stress and anxiety in human clinical trials: A systematic review

<https://doi.org/10.1016/j.jnim.2015.12.308>

16) A double-blind, placebo-controlled study evaluating the effects of caffeine and L-theanine both alone and in combination on cerebral blood flow, cognition and mood

<https://www.ncbi.nlm.nih.gov/labs/pmc/articles/PMC4480845/>