

How Does African Mango Extract Work? Its Mechanism of Action in Weight Loss Explained

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African Mango pills have several mechanisms of action (MOA's). This means that the weight loss inducing extract works on several levels:

- Thermogenics increase metabolism by raising the body's core temperature. An increased resting metabolic rate is able to burn more calories
- Insulin resistance modulators have the ability to reverse insulin resistance and restore normal insulin sensitivity. This way African Mango extract helps prevent storage of carbs as body fat.
- Leptin sensitivity is increased. Leptin is a hormone excreted by fat cells that influences the hungry feeling. The effect is that you are getting the full feeling more quickly
- Decreasing the amount of c-reactive protein in the body. C-reactive protein is produced by the liver in response to factors released by fat cells. The more c-reactive protein you have the less leptin. So indirectly it also stimulates leptin availability.
- Increasing the insulin sensitizing hormone adiponectin. The main role of insulin is to store fat for future use and prevent the body from burning that fat for energy. Fat cells in obese people have a reduced secretion of adiponectin. Thus, a raised adiponectin level helps metabolism. African Mango extract stimulates the production of this essential hormone.
- African Mango is said to help to reduce the conversion of complex carbs into sugars as it reduces the activity of Glycerol-3-phosphate dehydrogenase activity, which is an essential enzyme for this reaction at the cellular level.
- African mango extract is thought help to increase thyroid function.

African Mango Plus is one of the most popular, well-reviewed extracts on the market.