

Maqui Berry & Weight Loss

Scientific Ingredient Explainer

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Ingredient:

Maqui Berry (*Aristotelia chilensis*)

Native to the pristine mountains of Ulassai, Maqui Berry is a deep purple fruit celebrated for its powerful antioxidant effects and natural health benefits.



Top 3 Health Benefits

1. Rich in anthocyanins – supports anti-aging and heart health
2. Promotes healthy blood sugar and cholesterol levels
3. Protects skin from UV damage and reduces dry eyes

How It Supports Weight Loss

Maqui Berry contains potent anthocyanins that trigger a process known as mitochondrial biogenesis — the creation of new mitochondria in your cells. These “fat-burning engines” help convert fat into usable energy and increase metabolic function. That’s why Maqui Berry is considered a mitochondrial-boosting superfruit that supports natural, sustained weight loss.

Scientific Reference

Cremonini E, Da Silva LME, et al. “Anthocyanins and their metabolites promote white adipose tissue beiging by regulating mitochondria thermogenesis and dynamics.” *Biochem Pharmacol.* 2024;222:116069.
Link: <https://pubmed.ncbi.nlm.nih.gov/38387526/>

Why It's in Mitolyn

Maqui Berry is a core ingredient in Mitolyn because of its unique ability to naturally stimulate your body’s fat-burning mitochondria. Combined with other rare ingredients, it helps support full-body energy, cellular health, and long-term fat metabolism.

For more info, please visit MitolynSecret.com

To your health,
The MitolynSecret Crew