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## Flat tummy tea for guys

Flat Tummy Tea works best and is designed for women, but since it's 100% natural it's perfectly fine for men to drink as well! Order your FT FOUR, FT TWO, or FT NEXT here [User Comments](#) 11 Questions Answered Flat Tummy Tea is an herbal detox tea that promises to get the stomach back to flat. Flat Tummy Tea is promoted by reality stars on their Instagram profiles, but that doesn't mean it works or that celebrities even use tea. Our main concern with Flat Tummy Tea is that you can take it for up to a month. The formula contains a laxative that should only be used for short periods of time. This issue pushed our research team into action – they may have found a few other inconsistencies with this stomach flattening tea too. Read our summary below to see if this product is living up to its claims. Flat Tummy Tea can be purchased through their official Site. What is Flat Tummy Tea? Flat Tummy Tea is a two-step simple detox herbal supplement made from FlatTummy.Co, with two alternatives present from their website – you can buy this herbal supplement suitable for a subscription, 2- or 4-week program. Depending on which package you choose to purchase, the Herbal Supplement includes Activate Tea & Cleanse Tea and Maintain Tea. Both 2-week and 4-week packages will include Activate Tea & Cleanse Tea, while the subscription package includes Activate Tea and Maintain Tea. As of January 2020, Maintenance Tea is no longer available on the official Flat Tummy Tea website. The basic idea behind Flat Tummy Tea is to cleanse and debloat, according to the official website, but they also talk about speeding up metabolism. Can the ingredients in this tea do such a thing? Journal of Pharmacognosy and Phytochemist - Senna, the leading ingredient in Cleanse tea, is a natural, stimulant laxative. This means that it works to force the muscles of the intestine to contract, so that waste is moved out faster. Laxatives are not for use as a weight loss tool and they will not increase metabolism. Journal of Medicinal Food – Dandelion Leaf is available in both Activate and Cleanse Tea. This diuretic will increase urination and force off bodily fluids, but once you stop taking tea and drinking fluids, the body will likely store them again. The herb does not solve any problems in retaining fluids. International Journal of Food Sciences and Nutrition - Research on green tea has been ongoing for decades. Much of the research shows that caffeine and catechins in green tea work to boost metabolism, but there is research that comes to the opposite conclusion. Flat Tummy Tea Competitors Why Did Flat Tummy Tea Start? Various natural herbal teas - such as peppermint tea, lemon tea, and ginger tea - can help flatten your stomach by increasing your stomach digestion & bloating reduction. FlatTummy.Co have developed this product as a mixture of classic natural herbal tea to help you get there. To accompany this product, FlatTummy.Co also have a product known as Flat Tummy Shake It Baby, which should go along with tea packets that work as meal replacement shakes. Meanwhile, these shakes are based on the Super Citrimax formula for weight loss & appetite control, with up to 50 types of fruits and vegetables and 20 grams of plant proteins, among other nutrition. Currently Flat Tummy Tea has an ambassador program where individuals can get money from their orders when they share discount codes to first-time buyers. Scroll below to see one of the best products we've seen over the past year. Ambassador Program Flat Tummy Co. now offers an ambassador program for all. You sign up on the website and earn rewards for recruiting new buyers. For every first time buyer who follows your link, you get \$10 to spend on the site. The first time buyer will also get a 10% discount when making their first purchase. This is perfect for bloggers, vloggers, and those with Facebook pages dedicated to health and wellness. Flat Tummy Tea Claims Supposedly, the ingredients of this herbal detox tea were used to help you eliminate bloating and give you an energy boost. Users may start to feel the difference after the first few days of trying this product. It also suggests that Maintain Tea will allow for the resulting flat stomach to be maintained until users are ready for their next four-week clean package all over again. It also claims to have a very mild cleansing effect, which is part of the intended detoxification process to help users eliminate bloating and bodily waste. Some of the ingredients in these herbal tea packets are known to bring together benefits for the body. For example, peppermint improves the digestive process, as does hibiscus flower, which can help to relax the intestines' smooth muscle. Flat Tummy Tea Ingredients Activate Tea ingredients include: Peppermint leaf Lemon balm leaf Licorice root Green tea leaf Fennel seeds Cardamom pods Cleavers leaf Carn's Seeds Peppermint can calm the gastrointestinal system, according to Phytotherapy Research. On a similar note, lemon balm can reduce stress, according to nutrients. Elsevier noted that licorice may have antimicrobial and antiviral effects, while the International Journal of Molecular Sciences found that dandelion has antioxidant effects. Additionally, cardamom may be able to reduce oxidative stress, according to Lipids in Health and Disease. Maintain Tea ingredients included: Senna leaf Cassia Chamaecrista pod Hibiscus flower Lemongrass leaf Coriander seeds Carice seed Cleanse Tea ingredients include: Rhubarb root dandelion root Senna leaf Peppermint leaf Cassia Chamaecrista pods Caraway seeds Are Flat Stomach Tea Work? While there are plenty of good on their official website and you can see some celebrities supporting this product, the flat stomach tea generally doesn't work in the ways you think it does. This tea uses senna leaf and has a small concentration of caffeine in it, both of which can lead to loss of water weight more than anything else. Also, while dandelion supposedly helps cut down on fat absorption and break down the absorbed ones, there were suggestions that dandelions could also act as a diuretic and laxative. Cleavers' leaf is also present in Activate tea, which increases the urine flow to avoid water retention. Ingestion of this herb seems to help with bloating issues when it only removes fluids and bodily waste. To simply put it, this product can help you get rid of some weight, harness lost water weights using diuretics and laxatives. Still, this effect is not long lasting and not treated as the same as losing body fat in a safe, effective and healthy way. Our body does not need the flat stomach tea detox, to begin with without special diets, as it can remove toxins on its own. Flat Tummy Tea Benefits and Results Some of the ingredients have had a small amount of clinical support to sow its effectiveness to cut down some weight. For example, peppermint can improve one's exercising performance, helping you burn more calories as you work out. Lemon balm, meanwhile, has been known to aid in body weight regulation and metabolize any digested lipids. In particular, these small details allow the flat stomach tea users to experience increased metabolism that makes physical exercise more effective than without, although it is not necessary to achieve the same results through this tea alone. In addition, most of the products are very understudy about their effects on weight loss and still require further studies and clinical trials to prove this product's stronger testimony. This product works based on diet plans on their official website, and the product itself would act as an appetite suppressant while boosting your metabolism. It does not block carbohydrates and burns fat, which is something that several other flat stomach products focus on. It is most likely that the flat stomach tea only aids in part due to some of these active ingredients. Overall, this product can solve 3 out of 5 of the most common pathways for weight loss programs, a decent number for a detoxifying tea product. The herbal concoction gives a very natural sweet taste, not unlike the taste of green tea. It's also alright if you prefer to add a lemon slice or some honey if you like the extra flavor. The company was thoughtful with their offered packages, which can suit both new users and returning users. Using natural ingredients, there shouldn't be too many to drink it compared to using some other products. Information on Flat stomach and Weight Loss While being advertised to reduce bloating and help everyone lose weight with their detox tea regimen, this flat stomach tea doesn't work as well as they say and doesn't have much evidence of effectiveness. As mentioned above, the flat stomach tea only works on reducing your water weight in the short term. It's not a compelling product that can help you in the long run. You can still get the desired results with some other natural herbal teas while maintaining a healthy lifestyle – a decent amount of exercise, food & diet control, and the whole package. Natural herbal teas work because they only contain about two calories per cup and help you reduce the consumption of sugary drinks that are also high in calories. It is better not to rely on this flat stomach tea alone for weight loss. But most of the traditional herbal teas work to some extent, since herbs' effects are useful in modern medicine and treatment. Evidence-based complementary and alternative medicine found that the comings to be able to reduce weight, but more research is needed. How to use Flat Tummy Tea Company states that there are two stages for the flat stomach to work. In the first stage, which is activating the phase, the tea bag helps to prep your digestive system to absorb more nutrients and increase your metabolism so your digestion process is faster. In the second phase, cleansing phase, the tea letter is supposed to help you detoxify your digestive channels from toxins built up during the day and reduce your water weights to reduce your bloating as well. For the Activate pack, use about 8 ounces of hot water (about 240 ml) in a cup, and you only need a teaspoon of Activate tea packet mixture in a tinien. You can remove the sieve and drink the tea mix after an infusion period of about 5 – 7 minutes. As for the Clean package, the instructions are not too different from the activate package. You only need to infuse the leaves between 3-5 minutes, however, and there were also instructions to drink this mixture every other night of your first week and drink it only once every three days when you are in your second week to use this. The packaging states that users should drink this and a low-carb, low-fat diet while performing regular physical activities for the best results. This ensures weight loss also works in the long term rather than just by reducing the body of water in most individuals. Users finding that tea tastes too weak or strong can still manipulate the steeping time of their tea, infusing it for several minutes more or less depending on the results you want to achieve. Potential Flat Tummy Tea Side Effects The official website itself has warned of feeling dehydrated after drinking this product and has advised users to drink more water to replace the amount of water lost throughout Tummy Tea use. One of the Flat Tummy Tea ingredients highlighted in the Cleanse & Maintenance package, senna leaf, is known to be a stimulant laxative. This ingredient in Flat Tummy Tea seems like laxative properties help you get a flat stomach. As such, if you have been drinking from this letter, you can expect frequent toilet trips. According to a review published in Drug and Breastfeeding, fennel consumption can cause diarrhea. Flat Tummy Tea Product Warnings Packaging states that this product may affect birth control pills users due to the detoxifying nature, although the website does not have any backup information about this claim yet. It is also not recommended for pregnant or nursing users, even if the product is 100% natural. Most online reviews have also shown that the product does not work and will result in frequent toilet trips without losing any effective mass. Last but not least, this product is for users over the age of 18 only, and so underage users should consult their parents before purchasing this product. Any Flat Tummy Tea lawsuits? There are no lawsuits against Flat Tummy Tea. Flat Tummy Tea Alternatives Flat Tummy Tea alternatives include: SkinnyMint Tea Trim Tea SkinnyFit Tea Detox This product is great and all natural a super tea, taste was not the best but seemed to slim me down well and was able to lose weight effectively with this product. JadaFlat Tummy Tea didn't work for me at all. It didn't matter to me. The price is overrated! CyreshTeen is ok. It hasn't magically flattened my stomach in the 5 months I've been using it. Don't buy it if you think it's really going to flatten your stomach. JohnThe Bottom Line on Flat Tummy Tea Are We Brewing a Cup Right Now? We like the addition of green tea, but that is not enough to curb our hesitation. We are uncomfortable giving this one our recommendation because using laxatives and diuretics for weight loss can lead to nasty side effects, based on customer reviews and scientific research. No matter how hard you try to remove the weight and keep it off, you have a hard time doing it. This is just how weight loss works for too many people – losing weight, gaining weight, losing weight, gaining more weight and on and on. However, the solution may be a few clicks away. The new standard in weight loss apps is Noom. Noom, unlike too many weight loss apps, is clinically proven to work. Clinical tests show it features to help you remove the weight and keep it off. The key is in the individual training, comprehensive food database, so you can monitor just what you consume and training monitoring and support. What's more, try trying out Noom with a free trial offer available today to Dietspotlight readers. Read more about Noom »