

THERMOGENIC

Meaning: Thermogenic refers to substances or foods that increase heat production in the body, thereby boosting metabolism and promoting fat burning.

1. Thermogenic foods can help boost metabolism and promote weight loss.
2. Certain supplements are marketed as thermogenic agents to enhance fat burning.
3. The body's thermogenic response to cold temperatures can increase energy expenditure.
4. Exercise can stimulate thermogenic processes that aid in regulating body temperature.
5. Research indicates that brown fat is more thermogenic than white fat, contributing to energy balance.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/thermogenic>