

**5 DIRT-CHEAP
DRINKS THAT CAN
EXPLODE YOUR
METABOLISM.**



BY FEMI OJA

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5 Dirt-cheap Drinks That Can Explode Your Metabolism.

There are countless of drinks like energy drinks, sports drinks and slimming teas that claim they can boost your metabolism. However, the only thing they boost is the bank account of the company selling them.

Now, let's check out 5 of the drinks that are scientifically proven to have an impact on your metabolism:

1. Coffee



You see, caffeine found in coffee is a central nervous system stimulant.

Studies [1, 2] have shown that caffeine can boost metabolism by about 3–11% (its effects seem to vary from person to person)

In fact, six different studies found that people who consume at least 270 mg of caffeine daily (about three cups of coffee) burn an extra 100 calories per day [3].

In addition, caffeine can also help your body burn fat for energy and can boost your workout performance by up to 10% [4].

That explains why many fitness supplements contain caffeine.

Now, too much coffee can have a negative effect. So how much is too much?

Anything above 400 mg of caffeine, which is about 4 cups of coffee.

Fortunately for you, there's another tea with equally metabolism boosting power like coffee that you can drink as much as your heart desire.

It is:

2. Green Tea

According to research, the combination of (small) caffeine and catechins found in green tea makes it an excellent metabolism booster.

In particular, green tea can increase metabolism by 4–10% [[5](#), [6](#), [7](#)], which can amount to burning extra 100 calories daily (effects may vary from person to person)



It gets better..

Green tea helps convert some of the fat stored in your body into free fatty acids, which can increase fat burning by 10–17% [[8](#)].

3. Cacao and Cocoa Powder



Cacao and cocoa boast of high-quality nutrients and can benefit your metabolism.

Interestingly, one study theoretically suggests that cocoa could play a role in preventing weight gain by reducing the absorption of some calories [\[9\]](#).

For those wondering, Cocoa is the term used to refer to the heated form of Cacao

If you'd like to give cacao a try, opt for raw versions, as processing tends to reduce the amounts of beneficial compounds [\[10\]](#).

4. Apple Cider Vinegar

Unlike the other great metabolism boosting drinks recommended in this guide,

apple cider vinegar benefits your body by enhancing your stomach's ability to produce hydrochloric acid.

What's so special about hydrochloric acid?



You see, hydrochloric acid is a chemical required to break down all the food in your stomach. This means that the more hydrochloric acid produced, the easier and faster your stomach is able to digest and break down food.

And which leads to better absorption of the nutrients for keeping the body and metabolism healthy.

Additionally, apple cider vinegar also helps to balance out your blood sugar level. Which helps in eliminating food cravings throughout the day because your blood maintains a stable amount of sugar during the entire day.

One study even showed that participants given four teaspoons (20 ml) of apple cider vinegar ate up to 275 fewer calories over the rest of the day [\[11\]](#).

If you'd like to give apple cider vinegar a try, be careful to limit your daily consumption to two tablespoons (30 ml).

5. Water

This list cannot be complete without mentioning water.



It is the starting point for anyone trying to lose weight, boost metabolism, or even simply get healthy.

Well, as a matter of facts,

water is the most efficient, easiest to come by and cheapest of all the metabolism boosting drinks on this list mentioned so far.

research shows that drinking water can temporarily boost metabolism by up to 24–30% [[12](#), [13](#), [14](#)].

You see, when you consuming large amounts of water, your body is better able to effectively break down fat and other stored nutrients.

On the other, however, when you're dehydrated, your body assumes there is danger, and your metabolism slows down dramatically. Which leads to the storage of excess fats.

The only tricky thing with drinking water is knowing exactly when and how much you should be consuming.

The good news is I show you exactly how much water and the best time to drink water in my weight loss guide [Supreme Fat-loss System](#).

You can get more info about the guide here ⇒ <https://fitnigerian.com/clone-of-special/>