

Jelly
Burnn

The image features the text 'Jelly Burnn' in a highly stylized, 3D font. 'Jelly' is rendered in white with a thick pink outline and a glossy, rounded appearance. 'Burnn' is rendered in a gradient of pink, also with a glossy, rounded appearance. The text is set against a vibrant pink background with flowing, wavy patterns and a thin gold line that curves across the top and bottom. A white, curved underline is positioned below the word 'Burnn'.

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Welcome to Jelly Burn

Congratulations on your decision! You've just taken the first step toward a real transformation — no weekly injections, no impossible diets, and no exhausting hours at the gym.

This guide was built on years of clinical research and real patient results — women who lost from 14 to over 60 pounds following exactly what you're about to learn. **Every detail matters:** the right ingredient, the right ratio, at the right time.

■■ IMPORTANT — Read This First

Jelly Burn does **NOT** use flavored gelatin (Jell-O). That version contains more sugar than a can of soda and completely sabotages the process. This protocol uses **unflavored gelatin only** — pure protein, zero sugar, zero artificial dyes.

Who Is This For?

- ◆ Women over 35 who feel their metabolism has slowed down
- ◆ Moms who want their body back without sacrificing their routine
- ◆ Anyone who tried diets, keto, fasting, or injections without lasting results
- ◆ People who want to lose weight naturally with zero side effects
- ◆ Anyone looking to reactivate GLP-1 and GIP production naturally

The Science — GLP-1 & GIP Explained

The Root of the Problem

Most people believe weight gain is about willpower. That is a myth. The real cause lies in two critical hormones: **GLP-1** (Glucagon-Like Peptide-1) and **GIP** (Glucose-Dependent Insulinotropic Polypeptide).

Think of them as your metabolism's traffic lights. When they work, they send your brain the signal: *"I'm full — start burning fat."* Your body uses stored fat as energy, even while you sleep.

The problem: in overweight individuals, production of these hormones drops sharply. Without them, your body enters emergency mode — storing everything as fat, triggering constant hunger, and draining your energy.

Why Traditional Methods Fail

■ Intermittent Fasting

Slows basal metabolism. When you return to eating normally, the body stores even more fat than before.

■ Keto Diet

Eliminating carbs long-term 'puts insulin to sleep.' When carbs return, weight rebounds — with extra.

■ Ozempic / Mounjaro

Replaces hormones synthetically. When you stop, your body shuts down its own production and rebound is violent — plus up to \$2,000/month, with risks including thyroid tumors and kidney failure.

■ **Jelly Burn's approach: instead of REPLACING hormones (like injections), this protocol REACTIVATES your body's natural GLP-1 and GIP production. Your body learns to work correctly again — which is why results last. A JAMA study showed activating GLP-1 and GIP produces up to 39x more weight loss than diet and exercise alone.**

The 4 Ingredients & Why Each One Matters

01 ■ Unflavored Gelatin

Pure Collag

- Contains **glycine & alanine** — amino acids that act as master keys to your metabolism
- Glycine can boost GLP-1 by up to **182%**; alanine raises GIP by up to **144%** (ECS 2025)
- Suppresses appetite for hours with near-zero calories
- ■■ **Always use unflavored gelatin.** Never use flavored Jell-O or sweetened gelatin.

02 ■ Green Tea Extract

The Silent A

- Amplifies GLP-1 production and stabilizes insulin — stops fat storage
- Directs fat burning toward the **abdominal region first**
- AJCN study: women using this extract lost twice as much belly fat vs. control group
- Boosts resting energy expenditure (gentle thermogenic effect)

03 ■ Ginger Extract

Concentrate

- Activates **both GLP-1 and GIP simultaneously** — the only ingredient that does this
- Raises body temperature by up to 0.5°C — turns the body into a 24h fat-burning furnace
- Reduces gut inflammation that blocks hormone receptors
- Improves insulin sensitivity

04 ■ Turmeric + Black Pepper (Piperine)

2,000% Gre

- Eliminates gut micro-inflammation that sabotages metabolism after age 35
- Piperine (black pepper) increases curcumin absorption by up to **2,000%**
- Creates a 'metabolic memory' — body learns to stay lean. Prevents the yo-yo effect.
- Ensures GLP-1 and GIP receptors remain unblocked and fully active

The Official Jelly Burn Recipe

Follow this precisely — the **order of addition** and **proportions** are essential to trigger the correct metabolic reaction. Changing the sequence reduces efficacy dramatically.

■ Ingredients — 1 Serving

Ingredient	Amount	Notes
Unflavored gelatin powder	10 g (1 tablespoon)	No sugar, no artificial flavor
Green tea extract powder	400 mg (¼ tsp)	Standardized 50% EGCG
Ginger extract / ginger powder	500 mg (¼ tsp level)	Prefer concentrated gingerol
Turmeric powder + black pepper	500 mg turmeric + 1 pinch black pepper	Pepper activates 2,000% absorption
Warm water	200–250 ml (7–8 fl oz)	40–50°C. Never use boiling water.

■■■ Step-by-Step Preparation

1

Heat the water

Warm 200–250 ml of water to 40–50°C. **Never use boiling water** — heat above 60°C destroys the active compounds in green tea and ginger.

2

Dissolve the gelatin

Fully dissolve 10 g of unflavored gelatin in the warm water. Stir for 1–2 minutes until completely smooth. This is the most critical step — full dissolution releases glycine and alanine correctly.

3

Add green tea extract

Add 400 mg of green tea extract and stir for 30 seconds.

4

Add ginger extract

Add 500 mg of ginger extract and stir for another 30 seconds.

5

Add turmeric + black pepper

Add 500 mg of turmeric with the pinch of black pepper. Stir for 1 minute. The pepper must contact the turmeric directly to activate the 2,000% absorption boost.

6

Drink immediately

Consume while still warm, right after preparation. **Do not store it.** Always prepare fresh.

■ Flavor Tip

If the taste is too strong at first, add a few drops of fresh lemon juice or a teaspoon of pure honey. Lemon also boosts curcumin absorption. **Avoid artificial sweeteners** — they interfere with the insulin response.

How & When to Take It

■ The Metabolic Window — Timing Changes Everything

GLP-1 and GIP don't just respond to ingredients — they respond to the **right moment**. Taking Jelly Burn at the wrong time can reduce hormonal response by up to 3x.

Time	Why It Works	Instructions
<p>■ Morning — Fasted 6 AM – 9 AM (MAIN WINDOW)</p>	<p>GLP-1 is most receptive in the early morning hours, when cortisol is high and the body is in catabolic mode — burning reserves.</p>	<p>Take immediately upon waking, before any food. Wait 20–30 min before eating.</p>
<p>■ Before Lunch (Optional)</p>	<p>Reinforces the satiety signal, reducing how much you eat at lunch.</p>	<p>Only if you feel very hungry. Not mandatory.</p>

■ Duration Guide

Phase	Days	Frequency	Note
■ Activation	1–10	1x/day (morning)	Critical phase — do not skip
■ Acceleration	11–30	1x/day (morning)	Most visible results here
■ Consolidation	31–60	1x/day (morning)	Automatic mode activated
■ Maintenance	60+	3–4x/week	Use 15 days before events

■ Hydration is Essential

Drink at least **2 liters (68 oz) of water daily** during the protocol. Gelatin and turmeric work best in a well-hydrated environment. Water also accelerates elimination of toxins released during fat breakdown.

The 4-Phase Protocol

Jelly Burn is a sequential metabolic protocol. Each phase has a specific role — and they must happen in the correct order to create the full metabolic cascade effect.

1

ACTIVATION

Days 1–7

Gelatin's glycine and alanine wake up dormant GLP-1 and GIP receptors — like flipping the metabolic switch back on. Many women notice appetite reduction within the first few days.

2

AMPLIFICATION

Days 8–21

Green tea and ginger multiply the effect. GLP-1 and GIP now work up to 3x stronger. Fat burning visibly accelerates — especially around the belly and arms.

3

PROTECTION

Days 22–40

Turmeric with piperine eliminates gut micro-inflammation that blocks hormone receptors. This phase ensures results don't stall — and prevents the yo-yo effect permanently.

4

TRANSFORMATION

Days 41–60+

Your body enters automatic fat-burning mode 24 hours a day. Hormones are fully active. You lose weight even while sleeping — no diet, no gym required.

What to Expect Week by Week

Week 1 · Days 1–7

- ◆ Gradual reduction in appetite and food cravings
 - ◆ Less abdominal bloating (up to -3 lbs of water weight)
 - ◆ Increased energy and improved mental focus
 - ◆ Deeper, more restorative sleep
- ■ Normal: mild digestive discomfort in first 2–3 days — passes quickly.

Week 2 · Days 8–14

- ◆ Fat burning visibly accelerates
- ◆ Average reported loss: 10–16 lbs (fat + water retention combined)
- ◆ Clothes start fitting noticeably looser
- ◆ Consistent appetite reduction — no effort required
- ◆ Improved libido and sustained energy levels

Weeks 3–4 · Days 15–30

- ◆ Visible body transformation — slimmer silhouette
- ◆ Significant reduction in belly fat
- ◆ Stable energy throughout the day — no crashes
- ◆ Friends and family start noticing the change
- ◆ Brighter, more youthful skin from collagen in gelatin

Weeks 5–8 · Days 31–60

- ◆ Results consolidated — peak fat-burning acceleration
- ◆ Total reported loss: 30–60+ lbs over 2 months
- ◆ Metabolism in automatic mode — burning fat 24/7
- ◆ No yo-yo effect thanks to the turmeric protection phase
- ◆ Transformed confidence, self-esteem, and lifestyle

The 3 Critical Mistakes That Block Results

Even with the right ingredients, these simple mistakes can completely neutralize the protocol's effect. Avoid all three at all costs:



Mistake

1 Using the Wrong Gelatin

Using flavored boxed gelatin (Jell-O or similar) instead of unflavored gelatin. The flavored version contains more sugar than a soda — it spikes insulin, triggers fat storage, and is the exact opposite of what this protocol needs.

■ **Fix: Use ONLY unflavored, unsweetened, undyed gelatin.**



Mistake

2 Skipping the Turmeric

Removing or reducing turmeric with piperine allows gut micro-inflammation to block GLP-1 and GIP receptors. The hormones get activated but can't bind to their receptors. It's like pressing the gas with the parking brake on.

■ **Fix: Never remove turmeric + black pepper from the recipe.**



Mistake

3 Taking It Outside the Metabolic Window

Taking Jelly Burn after meals or at night reduces hormonal response by up to 3x. GLP-1 and GIP are most receptive in a fasted state in the morning. Taking it after breakfast is nearly ineffective.

■ **Fix: Always take fasted (6–9 AM). Wait 20–30 min before eating.**

Result Boosters

Jelly Burn works without dieting or exercise. But if you want to **accelerate results even further**, these simple habits amplify the protocol's effect:

Protein-Rich Breakfast

- After taking Jelly Burn, wait 20–30 min then eat a protein-rich breakfast (eggs, Greek yogurt, cottage cheese). Protein keeps GLP-1 active for longer.

Light 10–15 Min Morning Walk

- No gym needed. A short walk after breakfast activates GIP receptors and accelerates metabolism by up to 20% in the following hours. Optional but highly effective.

Quality Sleep — 7 to 8 Hours

- GLP-1 and GIP peak during deep sleep. Poor sleep sabotages the protocol. Avoid screens 1 hour before bed and keep the room dark and cool.

Avoid Refined Sugar in the Morning

- Skip white bread, cookies, or boxed juice right after Jelly Burn. The insulin spike temporarily shuts off GLP-1 receptors. You can eat freely from lunch onward.

Black Coffee (Optional)

- Caffeine amplifies green tea extract's thermogenic effect. If you drink coffee, have it black — no sugar, no artificial sweetener — 30–60 min after Jelly Burn.

Frequently Asked Questions

■ Can I eat normally during the protocol?

Yes! You can keep eating pizza, pasta, and even have a glass of wine. The goal is for your body to enter automatic fat-burning mode — not for you to starve. Common-sense eating boosts results but is not required.

■ When will I see the first results?

Most women report reduced appetite and less bloating in the first week. Visible weight loss typically appears between days 7–14. More significant results come in weeks 3–8.

■ What if I miss a day?

No problem. Simply resume the next morning at your normal time. Do not double the dose to compensate — it won't speed things up and may cause digestive discomfort.

■ Do I need a prescription?

No. All ingredients are natural and freely available: unflavored gelatin, green tea, ginger, and turmeric are found in any supermarket or supplement store.

■ Can I combine it with other supplements?

Generally yes. But avoid combining with other GLP-1 stimulators (like Ozempic or Mounjaro) without medical guidance — the combined effect may be excessive.

■ I have Type 2 diabetes. Can I use this?

The protocol is designed to help regulate insulin naturally. However, if you take diabetes medication, consult your doctor first — the ingredients may amplify medication effects.

■ What do I do after reaching my goal weight?

Switch to maintenance mode: take Jelly Burn 3–4 times per week. For special events, use it daily for the 15 days beforehand to keep your body in peak condition.

One Last Word...

You're not here by accident. If you've made it to this guide, it's because you're tired of trying without seeing results — and you deserve something that actually works.

◆ *The transformation you've always wanted is one glass of Jelly Burn away.* ◆