

What Is Matured Hop Extract? (MHE-3™)

Matured Hop Extract is element derived from the hops plant using a special proprietary process. This process renders an isolated, standardized extract called Matured Hop Extract (MHE). MHE-3™ promotes natural fat-burning in the body by activating Brown Adipose Tissue (BAT), which increases the body's thermogenic response. This all-natural extract has no colour or taste and can be added to any liquid, including drinks with alcohol.



No Harmful Side Affects

MHE-3™ (Matured Hop Extract) is different from prescription drugs because it is made from all-natural ingredients. It comes from the hops flower and is used as a dietary or nutritional supplement. It has no observed side effects, does not contain caffeine or any other stimulant, and is gluten-free. MHE-3™ (Matured Hop Extract) is safe, effective, and plant derived.



Where Does It Come From?

Matured Hop Extract (MHE) and Mature Hops Bitter Acids (MHBA) have been used for centuries and are widely known to offer many health benefits.

MHE-3™ (Matured Hop Extract) is a unique, isolated and standardized extract of hops that has never before been used in any form of nutritional supplement. It is significantly more potent, bio-available, and effective than the other forms of MHE's and MHBA's known and studied for decades.



What Is Matured Hop Extract? (MHE-3™)

The Science

Recently, scientists have developed a way to extract components of hops that may help prevent weight gain and promote fat/weight loss. With their new patent-pending extraction process they have created a proprietary Matured Hop Extract (MHE), called MHE-3™. This process actually makes the active ingredients of the hops extract stronger and potentially more effective at promoting fat-burning, healthy weight management, and supporting the body's natural functions.



Third Party Reference Materials

Below, please find several THIRD-PARTY reports and studies related to the "isolated, standardized" element related to MHE-3™ (Matured Hop Extract).

2015

Matured Hop Bittering Components Induce Thermogenesis in Brown Adipose Tissue via Sympathetic Nerve Activity

<https://journals.plos.org/plosone/article...>

Taken together, these findings indicate that MHB ameliorates diet-induced body fat accumulation, at least partly, by enhancing thermogenesis in BAT via BAT-SNA activation. Our data suggests that MHB is a useful tool for developing functional foods or beverages to counteract the accumulation of body fat.

2016

Matured hop extract reduces body fat in healthy overweight humans: a randomized, double-blind, placebo-controlled parallel group study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4784395/>

Compared to the placebo group, a significant reduction was observed in the visceral fat area after 8 and 12 w, and in the total fat area after 12 w in the active group. The present study suggests that continual ingestion of MHE safely reduces body fat, particularly the abdominal visceral fat of healthy overweight subjects.

2018

The relationship between the effect of matured hop extract and physical activity on reducing body fat: re-analysis of data from a randomized, double-blind, placebo-controlled parallel group study

<https://nutritionj.biomedcentral.com/.../s12937-018-0405-3>

The results suggested that MHE ingestion combined with light intensity exercise [walking] would induce a greater reduction in VFA which would be beneficial for obese or overweight individuals in reducing obesity and obesity-related diseases.

2018

Matured Hop-Derived Bitter Components in Beer Improve Hippocampus-Dependent Memory Through Activation of the Vagus Nerve

<https://www.nature.com/articles/s41598-018-33866-1.pdf>

Together, our results suggest that MHBA improves memory function via stimulation of the vagus nerve and enhancement of NE release in the hippocampus. Vagus nerve activation by the intake of food materials including MHBA may be a safe and effective approach for improving cognitive function.

2019

Effects of Hop Bitter Acids, Bitter Components in Beer, on Cognition in Healthy Adults: A Randomized Controlled Trial

<https://pubs.acs.org/doi/10.1021/acs.jafc.9b06660>

This is the first study to evaluate the effects of bitter ingredients in beer on cognition, subjective mood, and mental fatigue in a clinical trial. Our findings suggest that hop-derived bitter acids might be beneficial for cognition and mood state.

2020

Supplementation with Matured Hop Bitter Acids Improves Cognitive Performance and Mood State in Healthy Older Adults with Subjective Cognitive Decline

<https://content.iospress.com/.../journal-of.../jad200229>

This study suggested that MHBA intake improves cognitive function, attention, and mood state in older adults.

2022

An extract of hops (*Humulus lupulus* L.) modulates gut peptide hormone secretion and reduces energy intake in healthy-weight men: a randomized, crossover clinical trial

[https://ajcn.nutrition.org/.../S0002-9165\(22.../fulltext](https://ajcn.nutrition.org/.../S0002-9165(22.../fulltext)

Both gastric and duodenal delivery of a hop extract modulates the release of hormones involved in appetite and glycemic regulation, providing a potential "bitter brake" on EI in healthy-weight men

IMPORTANT DISCLAIMER:

These THIRD-PARTY references are provided for educational and informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provide with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something learned with this presentation