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**Gianelli**

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(54) **NUTRACEUTICAL METHOD AND  
ADDITIVE FOR IMPROVING HUMAN  
PHYSIOLOGY**

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(58) **Field of Classification Search** ..... None  
See application file for complete search history.

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(57) **ABSTRACT**

A method for creating a coffee drink that having the addition  
of a nutraceutical additive composition of milk thistle;  
chromium picolinate, and carnitine. Milk thistle is present  
from about 50 to 99.7 parts by weight of the total compo-  
sition, and preferably 50 to 60 parts by weight. Chromium  
picolinate is present from about 0.01 to 0.23 parts by weight  
of the composition and preferably from 0.01 to 0.1 parts by  
weight. Carnitine is present from about 0 to 50 parts by  
weight of the total composition, and preferably 40 to 50  
parts by weight. The coffee drink can be created by an  
admixture of the composition with ground beans, sprayed  
and/or coated on the bean prior to grinding, or added to a  
brewed much the same as one would add sugar or other  
known flavor additives. The instant composition does not  
subtract from the flavor and improves human physiology by  
assisting in weight loss, body cleansing, weight loss, fat  
burning, and sugar regulation.

**9 Claims, 2 Drawing Sheets**