

NutraVille Helix-4 Reviews: Should You Buy? Fake Official Website Claims Exposed?



If you have unwanted body fat, especially in your waist and thighs, that is not going away with just diet and exercise, you are looking in the right place. [Helix-4 is a natural dietary supplement](#) that has been formed of 4 carefully handpicked green nutrients proven to promote natural weight management.

In today's world, people cannot have enough weight management strategies to lose body fat sustainably. They are always looking for [healthy weight loss solutions](#) that won't hamper their overall health.

Helix-4 offers a lucrative solution to men and women who are unhappy with their body weight.

This natural supplement has been designed by Lisa Shields because of the personal struggle faced by her friends and family. She looked for green vitamins and combined them into a working formula to help individuals above the age of 35. Then, she conducted clinical studies and observed how the formula worked for the participants.

After extensive research, she finally found all the worthy ingredients for her unique weight loss supplement. Let's delve deep into the working, benefits, and other aspects of Helix-4 manufactured by Nutraville to promote weight control.

But first, let's check out the summary of Helix-4 below.

Product Category:

Dietary Supplement

Creator:

Lisa Shields

Product Form:

Capsules

Serving Quantity:

One bottle contains 60 capsules

Usage Guideline:

Take two capsules every day to experience the best results

Side Effects:

Users have not reported getting any side effects in their Helix-4 reviews ([See what people are saying!](#))

Product Characteristics:

Non-GMO

Gluten-free

Soy-free

Natural formula

Sugar-free

Vegetarian

Quality-tested

Manufactured in a GMP-certified and FDA-registered facility

Made in the USA

Key Benefits:

Promotes weight loss

Increases energy levels
Supports healthy blood sugar levels
Improves sleep quality
Reduces anxiety
Elevates mood

Key Ingredients:

Passionflower, Ashwagandha, Veldt Grape, and Lemon Balm

Price:

Starts at \$59

Money-Back Guarantee:

100% money-back guarantee

Bonus Products Available:

Yes

Where to buy:

<https://helix-4.com/>

How Does Helix-4 Work?

According to the official website of Helix-4, the human body has a secretive switch behind unexplained weight gain – lipase. Lipase is a digestive molecule that breaks down fat and facilitates nutrient absorption. When your body produces too much lipase, it goes into fat storage mode. Everything you eat is stored in your cells as fat.

Here's how you can find whether your lipase levels are higher than usual:

They increase when you reach the age of 35.

Your cravings have become uncontrollable.

You gain abnormal weight after consuming carbs.

You find it difficult to stick to a diet. When you have high lipase levels, you are unable to lose weight with whatever you eat. The only solution here is to reduce your lipase levels if you want to lose considerable weight. Helix-4 is your answer to decrease lipase levels in the body. This supplement contains effective nutrients that target your lipase levels.

The formula of Helix-4 is made from lipase-blocking nutrients that can provide amazing weight loss results. These nutrients are derived from the best sources to create an absolutely effective formulation for you. They can normalize your lipase levels and reduce food cravings simultaneously to support effective weight loss.

[Try Nutraville Helix-4 today and see the difference!](#)

Ingredients That Are Incorporated In Helix – 4

Let's take a look at some of the core ingredients present in Helix-4 that aid fat burning:

Passionflower

Passionflower has beautiful white petals shaped like stars, each surrounded by several striking purple corona filaments. It produces an edible fruit that varies in color from yellow to orange or dark blue. Its unique combination of colors creates a unique look that can't be found in other plants.

The leaves and stems of Passionflower contain certain chemicals such as flavonoids and alkaloid constituents which make it an effective food supplement to promote weight loss.

Studies have shown that these chemicals work together to act as natural appetite suppressants, helping people eat less food throughout the day without feeling hungry or deprived.

Furthermore, passionflower helps to regulate blood sugar levels by blocking enzymes responsible for converting carbohydrates into fat cells and reducing oxidative stress on the body's cells.

Ashwagandha

Ashwagandha is a small shrub with yellow flowers and red fruit, and its roots are used for their medicinal properties. Ashwagandha is known for its ability to promote weight loss and boost energy levels, making it a popular choice for those seeking natural remedies.

When it comes to weight loss, [ashwagandha](#) works in several ways. Firstly, it helps to reduce stress and anxiety, which can often be triggers for overeating or emotional eating. By calming the mind and reducing stress levels, ashwagandha can help individuals make better choices when it comes to their diet and avoid unnecessary snacking.

Additionally, ashwagandha has been found to have a positive impact on the thyroid gland. The thyroid plays a crucial role in regulating metabolism, and an underactive thyroid can lead to weight gain and a sluggish metabolism. Ashwagandha helps to balance thyroid hormone levels, thereby promoting healthy metabolism and aiding in boosted weight loss.

[Learn more on the official website >>>](#)

Veldt Grape

Veldt grape is a type of Muscadine grape variety that originates from South Africa. It is characterized by its dark greenish-brown, plump exterior. Due to their unique characteristics, veldt grapes

contain a higher level of polyphenolic compounds such as ellagic acid, anthocyanins, and resveratrol than other varieties of grapes.

It contains anthocyanins which have been found to potentially help boost fat-burning abilities and reduce body fat when combined with exercise. Anthocyanins support your metabolism by helping convert sugar into energy instead of storing it in fat cells throughout your body.

They also promote lipolysis (fat breakdown) within adipose tissue (your body's connective tissue). When consumed regularly, veldt grape can also improve your overall metabolic rate which increases the amount of calories burned all day long!

Lemon Balm

Firstly, lemon balm contains compounds called polyphenols, which are known for their antioxidant properties. These polyphenols, such as rosmarinic acid and caffeic acid, help to combat oxidative stress in the body.

Furthermore, lemon balm has been found to have a positive impact on metabolism. Research has shown that lemon balm extract can increase the activity of certain enzymes involved in fat metabolism, such as lipase. Lipase is responsible for breaking down fats into smaller molecules that can be used for energy.

By enhancing the activity of lipase, lemon balm can potentially aid in the breakdown and utilization of stored fat in the body.

[Get Nutraville Helix-4 now while it's on sale – limited time only!](#)

What Are The Health Benefits Of Helix-4?

Helix-4 is the world's only weight loss solution that can target the underlying cause of weight gain and eliminate it from the root. It can bring your body weight to normal without having you commit to a strict diet or exercise regimen. Here are the health benefits of Helix-4.

Promotes Weight Loss

The formula of Helix-4 has been primarily designed to keep weight off your body. This supplement helps maintain normal lipase levels which is a molecule that unwantedly stores fat in your body. When you attain optimal lipase levels, you won't store much fat in your body.

This supplement can also reduce your cravings and suppress your appetite by promoting a feeling of fullness. It can get you to achieve your weight loss goals without leaving your favorite foods.

Boosts Metabolism

The super nutrients found in the formula of Helix-4 can boost your metabolism. When your metabolic health remains normal, your body switches to a healthy fat-burning mode. Helix-4 can increase your body's innate ability to scorch fat and sustain high energy levels throughout the process.

Elevates Mood

Helix-4 is a mood elevator. This supplement contains soothing ingredients that can calm you down and enhance your mood levels. All the ingredients in Helix-4 can promote peaceful sleep by facilitating relaxation.

Supports Overall Well-Being

The formula of Helix-4 can optimize your blood sugar levels by promoting insulin sensitivity and reducing sugar cravings. This supplement can also reduce your triglyceride levels which in turn promote optimal cholesterol levels. It can keep you calm and keep your blood pressure levels in a normal range.

Helix-4 can target different aspects of your health to improve your overall well-being.

[Buy Helix-4 today and start enjoying the benefits!](#)

A Review Of The Science Backing Helix-4

A systematic [review](#) was conducted in 2018 which looked at several clinical studies examining the efficacy of passionflower extract supplementation on body fat composition. They found evidence from 4 randomized trials that supplementation over 3 to 6 weeks significantly decreased body fat percentage by an average of 2% compared to baseline values in healthy adults without a major calorie restriction plan or substantial sports training program.

In another [study](#) published in 2016, obese women were randomized into two groups; one group consumed 500mg/day dosages of passiflora extract while the control group served a placebo after eating a calorie-restricted diet for 3 months. The results showed that those supplemented with passiflora lost significantly more weight than placebo controls.

Scientific studies have found that combining diabetic medications with veldt grapes resulted in significant improvements in glycemic control among patients. One study of 18 participants who had uncontrolled diabetes looked at the effects of combining two medicines with the daily consumption of 50-100g of fresh veldt grapes.

In this study, 56% showed improvement in parameters including fasting and postprandial glucose levels, while other markers such as hemoglobin (HbA1c) improved by 24%.

Another clinical trial on 82 overweight individuals compared the effects of supplementing their diet with either 60g per day of dried veldt grapes or a cornstarch control for 12 weeks.

The study found that those consuming the veldt grape supplements lost significantly more body fat when compared to those taking the control supplement – reducing body fat by 6%, while maintaining muscle mass and increasing HDL-C (“good” cholesterol).

[Purchase Nutraville Helix-4 For The Lowest Prices!!](#)

Is Helix-4 Safe? Does It Have Any Side Effects?

Helix-4 is one of the safest weight loss supplements out there. This natural dietary supplement is free from soy, gluten, sugar, dairy, and GMOs. Since it is free from all possible allergens, toxins, and chemicals, it does not induce any side effects in your body.

Furthermore, Helix-4 is produced in an FDA-registered and GMP-certified facility in the USA under strict supervision. Every batch undergoes a rigorous quality check to ensure that each capsule is

only filled with pure ingredients. Nutraville hires a third-party laboratory to maintain high-quality standards.

But, if you are still skeptical about the safety and purity of Helix-4, you should consult a healthcare provider before taking this supplement daily.

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Pay only **\$59** **SAVE \$8**



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MOST POPULAR
3 Month Supply


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 **100% No-Risk**
Money Back Guarantee

What Is The Price Of Helix-4?

Helix-4 is not available everywhere. This supplement is only available on its official website because of its unique formula and

solid production process. Hence, you have to pay one price to procure this supplement. Luckily, Helix-4 is available at a discount on its official website.

If you buy 3 bottles of Helix-4 together, you can get each bottle for just \$49. You can get an even greater discount if you purchase 6 bottles of Helix-4 together; every bottle costs \$29 plus you get free shipping and two bonus products.

[Order Helix-4 Right Here At The Best Prices!!](#)

Does It Have A Money-Back Guarantee?

Helix-4 comes with a year-long guarantee on every order. It is one of the few supplements to come with a 365-day money-back guarantee. You have a long time duration to assess the quality and results offered by Helix-4. If you are unhappy with this supplement, you have a year to return it and claim your refund.

Do You Get Any Bonus Products With Helix-4?

You will be thrilled to know that you get your hands on two amazing bonus products on every bulk purchase of Helix-4. If you buy 6 bottles of Helix-4 together, you can get these bonus products for free. They complement Helix-4 perfectly to accelerate the results of your weight loss journey.

You cannot get these products for free anywhere else. Let's check them out!

The Stress Relief Cookbook: Seven Days To Stress-Free Weight Loss

The first bonus offered by Nutraville with a 6-pack purchase of Helix-4 is a stress-relief cookbook. Most people struggle with eating right during the course of their weight loss journey. With this book in their kitty, they can free themselves from the stress of finding easy-to-prepare meals to consume.

This cookbook contains effective tips and strategies to make you immune to difficult weight loss goals. You can also find a unique 7-day meal plan that contains simple and delicious recipes that can be made by anyone with ordinary household ingredients.

Rewired for Weight Loss: Guided Meditations To Fast-Track Your Weight Loss Goals

Another product to accompany your consumption of Helix-4 is a three-part audio bundle that has been procured especially to support your mental health during your weight loss journey.

The weight loss process can be mentally exhilarating for many individuals. It is vital to take care of your mind during this time.

You can find guided meditations in this audio bundle to get your body to destress so that you can breeze through your weight loss journey. The tips from this audio bundle can boost your metabolism and help you navigate your hunger pangs easily.

[Get a special deal and bonuses when you order today!](#)

FAQs

We have answered the most common questions people have regarding Helix-4 in this section.

How To Consume Helix-4?

Every bottle of Helix-4 contains 60 vegetarian capsules. You are suggested to consume 2 capsules every day to experience the best weight loss outcomes. You can slowly increase the dosage of Helix-4 to three capsules a day after contacting your doctor. Please note that you must not mess with the dosage of this dietary supplement on your own.

Who Can Consume Helix-4?

You need to fulfill the following criteria to consume Helix-4:

You should be at least 35 years of age.

You need to have at least 20 pounds of excess body weight.

Are There Any Real Helix-4 Reviews?

Yes, there are several positive Helix-4 reviews online. Our team went through many of these reviews to determine the real impact of Helix-4 on individuals.

[Read what others are saying and decide for yourself >>>](#)

How Long Should You Consume Helix-4 To Attain Visible Weight Loss Results?

You must consume Helix-4 for a minimum of one month to notice visible changes in your body. After 3-4 weeks, you will feel your waist slimming and your clothes getting loose. To reach the other end of your weight loss journey, you must take Helix-4 for six months.

Can You Consume Helix-4 With Other Supplements?

You can consume Helix-4 with other supplements since it only contains natural ingredients. However, you must not consume two weight loss supplements in tandem with each other.

Final Word – Helix-4 Reviews

There are very few supplements that work on your weight gain with supernutrients. Helix-4 works instantly on your body and melts fat

cells to slim you down and induce significant weight loss. If you are looking to achieve the body of your dreams, [Helix-4 is the right weight loss supplement for you.](#)