# Feel Pro Metabolic: a new supplement to curb snacking habits



A new dietary supplement named Feel Pro Metabolic has been launched, aimed at helping individuals manage their snacking habits and curb cravings. The product is designed to adjust the body's hunger mechanisms, a development that its creators believe may benefit those looking to control their eating patterns without resorting to weight loss pens or harsher dieting methods.

The Feel Pro Metabolic supplement comes in the form of sachets that can be mixed with water and consumed before meals. It is marketed under the health and wellness brand Feel, which has differentiated this product with a proprietary blend of ingredients not widely available in Europe. Each pack of 30 sachets is priced at £39.96 for subscriptions or £51.96 for one-time purchases, with a promotional offer providing a 20% discount when using the code BOLIC20.

The product's formula includes components such as prebiotic fibres, probiotics, polyphenols, and soy peptides. According to Feel, these ingredients are designed to stimulate the secretion of GLP-1 (Glucagon-Like Peptide-1), a hormone associated with satiety that signals the body when it is full, thereby aiding in portion control and reducing the urge to snack. Boris Hodakel, the founder of Feel, expressed enthusiasm about the launch, stating, "We are very excited to launch the long-awaited Feel Pro Metabolic - smart appetite control which naturally supports hunger to make you feel full for longer. By curbing cravings naturally, it reduces hunger signals, making it easier to eat intuitively, without harsh and extreme diets or stimulants - working with your body, not against it.”

Several studies have indicated promising findings regarding products that enhance GLP-1 secretion and their potential role in weight loss. A particular study referenced aims to analyse a similar GLP-1 formula, suggesting that increased GLP-1 levels can help suppress appetite.

The combined ingredients in the Feel Pro Metabolic sachets, including kombucha black tea extract, have also been studied for their potential anti-obesity effects. Research reviewed suggests that in many cases, individuals taking probiotics showed lower body weights and reduced waist circumferences.

While some customers have shared positive experiences, citing an improvement in their appetite control and ease of use, the reviews are mixed. One customer noted the satisfaction of not having to engage in complex preparations: “I was searching for a natural way to manage my appetite and maintain my weight loss, and this product has been perfect. Within weeks, I’ve noticed my hunger levels are more controlled and I haven't got that need to snack any longer.” Another echoed similar sentiments regarding the product's taste and convenience.

Conversely, some reviews on platforms like Trustpilot highlighted concerns about the use of artificial sweeteners. One shopper remarked on the taste of the product, stating: “I wish they'd stay clear of artificial sweeteners - that's my only criticism.”

In addition to Feel Pro Metabolic, alternative appetite control products available on the market include Boots Pharmaceuticals Appetite Control capsules and Holland & Barrett Apple Cider Vinegar gummies, each offering different formulations aimed to help promote feelings of fullness.

For those considering Feel Pro Metabolic, the recommendation is to use the sachets consecutively for a minimum of 12 weeks, with the most beneficial results reportedly observed after 24 weeks of consistent use.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://foodanddrinkmanufacturinguk.co.uk/global-wellness-brand-feel-launches-pro-metabolic-unique-supplement-helping-manage-appetite-curb-cravings-support-metabolic-health/> - This article supports claims about Feel Pro Metabolic's launch, its unique formula designed to stimulate GLP-1 secretion, and its role in managing appetite. It highlights the supplement's proprietary blend of ingredients not widely available in Europe.
* <https://www.the-independent.com/health-and-wellbeing/feel-pro-metabolic-supplement-b2712997.html> - The Independent discusses the Feel Pro Metabolic supplement's design to regulate hunger urges and support metabolic health, featuring a blend of prebiotics, probiotics, and polyphenols.
* <https://www.fiftyandfab.co.uk/blog/feel-pro-metabolic-review> - This review provides personal experiences with Feel Pro Metabolic, highlighting its effectiveness in weight management and appetite control. It mentions the convenience and taste of the product.
* <https://www.boots.com/health-and-wellness/appetite-control.html> - This URL provides information on alternative appetite control products, such as Boots Pharmaceuticals Appetite Control capsules, which offer different formulations for reducing hunger.
* <https://www.hollandandbarrett.com/shop/product/holland-barrett-apple-cider-vinegar-gummies/> - Holland & Barrett offers Apple Cider Vinegar gummies as another option for promoting feelings of fullness, providing an alternative to Feel Pro Metabolic.