Pyruvate is a carbohydrate naturally found in red apples, cheeses, and red wine. Scientists who have studied pyruvate believe it may accelerate fat loss by increasing cellular respiration. Some believe that calcium pyruvate may even reduce fat without exercise making it an extremely attractive "fat burner" for those people who have trouble sticking to a diet or an exercise routine. For those who are able to maintain a strict exercise routine, but have trouble losing weight, pyruvate may help them attain their goals without nervousness or jittery feelings commonly associated with most over the counter thermogenic fat burners.

Pyruvate is a substance that naturally occurs in the body. Pyruvate (because of pyruvic acid) is the foundation of the Krebs or Citric Acid Cycle. This Cycle is the process (which uses pyruvate) through which the body converts glycogen to energy. More simply, it is how the body burns sugar and starch. Thus, pyruvate plays a crucial role in this conversion of food to energy. Pyruvate is the salt form of pyruvic acid. Pyruvic acid alone is chemically unstable and can cause gastrointestinal discomfort and nausea. However, when combined with calcium, it becomes stabilized pyruvate. Calcium is the best stabilizing agent for pyruvate, as it attracts the least amount of water.