

Gelatine Sculpt Supplement: Ingredients, Uses & What to Know

If you have seen ads for this liquid product and searched for **Gelatine Sculpt reviews** before ordering, this guide is for you. It summarizes what the label states, what research can and cannot support, and what to verify before checkout.

The product comes in a 2 fl oz (60 mL) dropper bottle and is marketed for metabolism and weight management support. The details below come from published label information and may change, so always confirm them on the official order page. This is educational content, not medical advice.

[Check the Gelatine Sculpt Official Website >](#)



What Is Gelatine Sculpt?

Gelatine Sculpt is a liquid dietary supplement packaged in a small bottle with a dropper. It is positioned as a metabolism support and weight management product. It is often mentioned alongside the so-called gelatin trick recipe, yet the bottle is a different thing: a drop-based formula built from plant extracts and amino acids, not a gelatin dessert.

Quick product snapshot

- Format: liquid drops with a built-in dropper
- Serving size: 1 mL, with 60 servings per bottle
- Key label items: chromium plus a 300 mg proprietary blend
- Distributor on the label: Institute Experience, Lakeland, FL
- Category: dietary supplement, not an approved drug

The label notes manufacturing in an FDA-registered facility. That is a standard requirement for supplement makers and is not the same as FDA approval of safety or effectiveness. Treat every bold claim online as marketing until independent evidence says otherwise.



Gelatine Sculpt Formula: How It Is Built

The **Gelatine Sculpt formula** has two main parts on the Supplement Facts panel. The first is chromium, listed as chromium picolinate at 17 mcg, which equals 3% of the Daily Value. The second is a 300 mg proprietary blend that contains more than twenty botanical extracts and amino acids. Because the blend is proprietary, the label does not reveal how much of each ingredient is present.

Why a proprietary blend matters

Proprietary blends are common across the supplement industry, but they limit what a shopper can verify. With 300 mg shared among more than twenty ingredients, each one is necessarily present in a small amount. That makes it hard to compare the dose with amounts used in published studies, which is why the evidence for this type of product is considered indirect at best.

The supporting ingredients

Glycerin, water, organic lemon extract, stevia extract, xylitol, sodium benzoate, potassium sorbate, citric acid, and natural flavors give the drops their taste and shelf stability. People who avoid sweeteners or preservatives should read this part of the label closely before they order.

Gelatine Sculpt Ingredients: Label Breakdown

Here is how the listed **Gelatine Sculpt ingredients** group together, based on the published label. Amounts inside the blend are not disclosed.

Mineral

Chromium (as chromium picolinate), 17 mcg per serving.

Plant extracts in the proprietary blend

Maca root, green coffee seed, guarana seed, African mango seed, eleuthero root, astragalus root, green tea leaf, gymnema leaf, chicory root, Ceylon cinnamon bark, grapefruit fruit, Panax ginseng aerial parts, and raspberry ketones.

Amino acids and related compounds

L-glutamine, L-tyrosine, L-arginine, beta-alanine, GABA, L-ornithine, L-tryptophan, and L-carnitine.

A caffeine note

Guarana is a natural source of caffeine, and the amount is not specified on the label. Anyone who is sensitive to caffeine, pregnant, or taking medication should speak with a clinician first.

What the Research Says About These Ingredients

The finished product has not been clinically studied. Any research mentioned below concerns individual ingredients, often tested at doses that cannot be matched to this label.

Chromium

Some studies explored chromium picolinate for blood sugar metabolism. Results are mixed and effects tend to be modest, and 17 mcg is a small share of the Daily Value.

Green tea and green coffee

Green tea contains EGCG, and green coffee contains chlorogenic acids. Both have been examined for metabolic effects, yet findings vary, and neither works as a standalone weight loss solution.

African mango and guarana

African mango is marketed for weight management, though research is limited and inconsistent. Guarana adds caffeine, which can raise alertness and heart rate.

Amino acids and botanicals

These ingredients play many roles in the body. Because their amounts are undisclosed, it is difficult to judge what each one contributes in this blend.

Gelatine Sculpt Benefits: Claims vs. Evidence

What marketing pages claim

Promotional pages describe appetite control, metabolism support, digestive comfort, steadier energy, and help with healthy weight management. Some pages even compare the product to GLP-1 medications.

What can be said honestly

Those GLP-1 comparisons are positioning language, not clinically demonstrated equivalence. A liquid supplement may suit people who dislike pills, and several ingredients have a long history of traditional wellness use. Even so, no study has shown that this exact formula produces weight loss. Any effect from a metabolism support product tends to be modest, varies from person to person, and may not be noticeable at all.

Habits still do the heavy lifting

A balanced diet, enough protein, regular movement, good sleep, and stress management remain the proven foundations. A supplement can sit alongside those habits, but it cannot override a calorie surplus or replace medical care.

How to Use This Liquid Supplement

Directions from the label

- Shake well before each use.
- Take 1 or 2 droppers full daily, place in the mouth, and swallow.
- One dropper daily makes a bottle last about 60 days; two droppers last about 30 days.
- Store away from heat, light, and humidity.
- Do not exceed the recommended dose, and do not use it if the safety seal is damaged or missing.

Who should talk to a doctor first

Pregnant or nursing mothers, anyone under 18, and people with a known medical condition or a prescription should consult a physician before using this or any supplement. Stimulant-containing ingredients deserve extra caution for people with heart conditions, anxiety, or sleep problems. Stop use and seek care if you notice a concerning reaction.

A practical tip

Choose a consistent time of day and keep a simple log of appetite, energy, sleep, and weight. Review it after several weeks. Objective notes beat memory when you are deciding whether a product is worth reordering.

Gelatine Sculpt Price and Packages

When one published review was written, the **Gelatine Sculpt price** depended on bundle size:

Package	Per bottle	Total	Shipping
2 bottles (60 days)	\$79	\$158	Paid
3 bottles (90 days)	\$69	\$207	Free in the US
6 bottles (180 days)	\$49	\$294	Free in the US

These figures are subject to change, and the brand runs several sales pages that may show different numbers. Confirm the current price, bundle options, and shipping cost on the official order page.

Money-back guarantee

The company advertises a 60-day money-back guarantee. Terms, eligibility, and return-shipping responsibility can vary, so read the policy before paying and save every confirmation email.



[See Today's Offer on the Official Page >](#)

Where to Buy Gelatine Sculpt Safely

If you decide to **buy Gelatine Sculpt**, the safest route is the brand's official order page. Third-party marketplaces and look-alike pages may sell expired, diluted, or counterfeit bottles, and many sponsored articles link to checkout pages that you should inspect before paying.

Simple ordering steps

- 1 Open the official order page and review the product details.
- 2 Choose a package that matches your planned usage.
- 3 Enter shipping and payment information on the secure checkout.
- 4 Read the terms, then complete your order.
- 5 Save the confirmation and policy emails.

Safety checklist before paying

- The checkout page uses HTTPS and a recognizable payment processor.
- The refund policy is visible and easy to read.
- Company details match the label, including the Lakeland, FL distributor.
- You can dispute the charge, for example by using a credit card.
- There is no unexpected subscription or auto-ship enrollment.

Reading Reviews Critically

Many online write-ups are produced by affiliates who earn a commission when readers click through. That does not make every review false, but it means enthusiasm should be weighed against disclosure and evidence.

Red flags

- Guaranteed results or dramatic before-and-after photos with no source.
- Claims of equivalence with prescription weight-loss drugs.
- No mention of the proprietary blend or the lack of clinical trials.
- Countdown timers and fake scarcity messages.

Green flags

- Clear affiliate disclosure and balanced pros and cons.
- References to the actual Supplement Facts panel.
- Honest language about modest and variable results.

A note on the gelatin trick

Searches for the gelatin trick or bariatric jelly often lead to this product page. A homemade gelatin recipe and a drop-based supplement are different things, so do not assume that research on one applies to the other.

Who Might Consider It, and Who Should Skip It

May be a fit if you

- Prefer liquid drops over pills or capsules.
- Already follow a healthy diet and exercise routine.
- Are comfortable with proprietary blends.
- Understand that supplements support habits and do not replace them.
- Have realistic expectations and your doctor's approval.

Consider other options if you

- Expect major weight loss from a supplement alone.
- Want a substitute for medical treatment or prescriptions.
- Need clinically proven results for the finished product.
- Want exact doses you can compare with research.
- Are sensitive to caffeine, pregnant, nursing, or under 18.

Questions to ask before ordering

Have I verified the current price and guarantee? Have I spoken with my healthcare provider? Am I comfortable with undisclosed ingredient amounts? Do I have a plan for tracking whether it works?

Final Thoughts and Disclosures

This **Gelatine Sculpt supplement** is a liquid blend of chromium, plant extracts, and amino acids, with the split inside its 300 mg proprietary blend left undisclosed. It may appeal to people who prefer drops and already follow healthy habits. However, no clinical trials cover the finished formula, and results are not guaranteed.

Verify the label, current pricing, and refund terms on the official page, and consult a healthcare professional before starting any new supplement.

[Visit the Gelatine Sculpt Official Website >](#)

Disclosures

Affiliate disclosure: this document contains an affiliate link, and a commission may be earned at no extra cost to you. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Prices and terms were reported at the time of publication and may change. Individual results vary.