SEO Template for new content

Target keywords: weight loss product, weight loss drops, root cause of weight gain, ignite weight loss, weight loss goals, weight loss benefits, maca root, weight loss diet, visceral fat, weight loss supplement

Page title

• Optimal title length: **55 characters**

• Add at least one of your target keywords to your <title> tag, don't use each target keyword more than 1 time: **weight loss product, weight loss drops, root cause of weight gain, ignite weight loss, weight loss goals, weight loss benefits, maca root, weight loss diet, visceral fat, weight loss supplement**

Meta description

• Optimal meta length: **160 characters**

H1

• Add all your target keywords at least one time: **weight loss product, weight loss drops, root cause of weight gain, ignite weight loss, weight loss goals, weight loss benefits, maca root, weight loss diet, visceral fat, weight loss supplement**

Text

• Try to acquire backlinks from the following domains: [ghstands.com](http://ghstands.com), [allehintergrund.com](http://allehintergrund.com), [cdchaiphong.gov.vn](http://cdchaiphong.gov.vn), [wellonward.com](http://wellonward.com), [nwsql.com](http://nwsql.com), [alleyanenergy.com](http://alleyanenergy.com), [b-cdn.net](http://b-cdn.net), [truweight.in](http://truweight.in), [asriportal.com](http://asriportal.com), [healthrealizations.com](http://healthrealizations.com), [radthebrand.com](http://radthebrand.com), [alexbecker.org](http://alexbecker.org), [siproteconline.com](http://siproteconline.com), [internationalhealthpolicies.org](http://internationalhealthpolicies.org), [vincerarehab.com](http://vincerarehab.com), [isoville.com.br](http://isoville.com.br), [get-health-now.com](http://get-health-now.com), [possible.in](http://possible.in), [best-health-today.com](http://best-health-today.com), [vitaminbottle.hu](http://vitaminbottle.hu)

• Enrich your text with the following semantically related words: **healthy diet, improved sexual function, lose weight, sexual desire, dietary supplement, weight loss, healthy weight, play a role, diet and exercise, loss goal, ignite amazonian sunrise drops, effects of maca, black maca, fat burning, maca extracts, heart disease, loss supplements, lepidium meyenii maca, health benefits, sperm count**

• Focus on creating more informative content. Recommended text length: **1435.5**

• Make sure that your text is easy to read with the Flesch-Kincaid readability test. The readability score should be: **55.10208778878704**

• Add at least one of your target keywords: **weight loss product, weight loss drops, root cause of weight gain, ignite weight loss, weight loss goals, weight loss benefits, maca root, weight loss diet, visceral fat, weight loss supplement**

When your content has been published, [launch a SEO Ideas](https://www.semrush.com/features/seo-ideas/?utm-source=sct&utm-medium=template) campaign to check if your content complies with all on-page SEO factors and discover what else can be done to give your content a SEO boost.

Analyzed top-10-ranking rivals for your target keywords

visceral fat

1. <https://www.webmd.com/diet/what-is-visceral-fat>

2. <https://www.health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it>

3. <https://www.healthline.com/health/visceral-fat>

4. <https://www.healthdirect.gov.au/how-to-reduce-visceral-body-fat-hidden-fat>

5. <https://my.clevelandclinic.org/health/diseases/24147-visceral-fat>

6. <https://www.medicalnewstoday.com/articles/320929>

7. [https://www.hopkinsmedicine.org/gim/faculty-resources/core\_resources/Patient Handouts/Handouts\_May\_2012/The Skinny on Visceral Fat.pdf](https://www.hopkinsmedicine.org/gim/faculty-resources/core_resources/Patient%20Handouts/Handouts_May_2012/The%20Skinny%20on%20Visceral%20Fat.pdf)

8. <https://www.frontiersin.org/articles/10.3389/fphys.2019.01486/full>

9. <https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/belly-fat/art-20045809>

10. <https://www.diabetes.co.uk/body/visceral-fat.html>

weight loss drops

1. <https://www.amazon.com/Weight-Loss-Drops-Suppressant-L-Glutamine/dp/B0859YDVH6>

2. [https://www.amazon.com/weight-loss-drops/s?k=weight+loss+drops](https://www.amazon.com/weight-loss-drops/s?k=weight%20loss%20drops)

3. <https://www.walmart.com/c/kp/weight-loss-drops>

4. <https://www.outlookindia.com/outlook-spotlight/weight-loss-drops-reviews-3-best-diet-drops-reviewed-by-our-experts-news-219047>

5. <https://www.deccanherald.com/brandspot/pr-spot/weight-loss-drops-your-guide-to-the-5-best-weight-loss-drops-for-2022-1128023.html>

6. <https://www.etsy.com/market/weight_loss_drops>

7. <https://www.clevescene.com/sponsored/best-weight-loss-drops-supplements-on-the-market-reviewed-by-experts-39495105>

8. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/expert-answers/hcg-diet/faq-20058164>

9. <https://www.webmd.com/diet/hcg-and-weight-loss>

10. <https://www.ebay.com/b/L-Carnitine-Drops-Weight-Loss-Supplements/181007/bn_72680365>

weight loss diet

1. <https://www.healthline.com/nutrition/best-diet-plans>

2. <https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible>

3. <https://www.prevention.com/weight-loss/diets/g29462611/best-diets-weight-loss/>

4. <https://health.usnews.com/best-diet/best-weight-loss-diets>

5. <https://www.everydayhealth.com/diet-nutrition/best-worst-diet-plans-for-weight-loss/>

6. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>

7. <https://www.healthifyme.com/blog/best-indian-diet-plan-weight-loss/>

8. <https://www.medicalnewstoday.com/articles/322345>

9. <https://www.goodhousekeeping.com/health/diet-nutrition/g4351/1200-calorie-diet-plan/>

10. <https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/12-tips-to-help-you-lose-weight/>

weight loss product

1. <https://www.healthline.com/nutrition/12-weight-loss-pills-reviewed>

2. <https://www.myalli.com/>

3. <https://www.amazon.com/Best-Sellers-Weight-Loss-Products/zgbs/hpc/3774931>

4. <https://www.lamag.com/sponsored/best-weight-loss-pills-top-diet-supplements-to-lose-weight-2022/>

5. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20046409>

6. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss-drugs/art-20044832>

7. <https://www.cvs.com/shop/diet-nutrition/weight-loss>

8. <https://www.timesunion.com/marketplace/article/best-diet-pill-supplements-17167158.php>

9. [https://www.walgreens.com/q/weight+loss+products](https://www.walgreens.com/q/weight%20loss%20products)

10. <https://www.newsobserver.com/health-wellness/article262735077.html>

weight loss goals

1. [https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752#:~:text=Set realistic goals&text=Over the long term, it's,diet and regular physical activity.](https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752#:~:text=Set%20realistic%20goals&text=Over%20the%20long%20term,%20it's,diet%20and%20regular%20physical%20activity.)

2. <https://www.verywellfit.com/how-to-set-weight-loss-goals-1231580>

3. <https://www.aspirehealthplan.org/2021/02/02/create-smart-weight-loss-goals/>

4. <https://www.webmd.com/diet/obesity/features/is-your-weight-loss-goal-realistic>

5. <https://betterme.world/articles/realistic-weight-loss-goals/>

6. <https://www.cdc.gov/healthyweight/losing_weight/index.html>

7. <https://www.womenshealthmag.com/weight-loss/a19985220/goals-that-can-help-you-lose-weight/>

8. <https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible>

9. <https://www.nhlbi.nih.gov/health/educational/wecan/portion/documents/CORESET3.pdf>

10. <https://smokefree.gov/stay-smokefree-good/weight/setting-goals-for-weight-loss>

maca root

1. <https://www.healthline.com/nutrition/benefits-of-maca-root>

2. <https://www.webmd.com/diet/ss/slideshow-diet-maca-root>

3. <https://www.verywellhealth.com/ways-maca-may-benefit-your-health-89573>

4. <https://www.amazon.com/Organic-Maca-Black-Yellow-Serving/dp/B01M362DU7>

5. <https://www.medicalnewstoday.com/articles/322511>

6. <https://draxe.com/nutrition/maca-root-benefits/>

7. <https://www.forbes.com/health/body/maca-root-benefits/>

8. <https://en.wikipedia.org/wiki/Lepidium_meyenii>

9. <https://www.themacateam.com/>

10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184420/>

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1. <https://www.healthline.com/nutrition/12-weight-loss-pills-reviewed>

2. <https://www.webmd.com/vitamins-and-supplements/herbal-remedies>

3. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20046409>

4. <https://www.timesunion.com/marketplace/article/best-diet-pill-supplements-17167158.php>

5. <https://www.myalli.com/>

6. <https://www.amazon.com/Hydroxycut-Clinical-Supplements-Vitamins-Naturally/dp/B078GQPPY5>

7. <https://www.amazon.com/Best-Sellers-Weight-Loss-Supplements/zgbs/hpc/3775151>

8. <https://ods.od.nih.gov/factsheets/WeightLoss-HealthProfessional/>

9. <https://www.dallasnews.com/branded-content/2022/09/27/best-weight-loss-pills-top-6-diet-pill-supplements-for-fat-loss/>

10. <https://www.insider.com/guides/health/diet-nutrition/weight-loss-supplements>

root cause of weight gain

1. <https://www.nichd.nih.gov/health/topics/obesity/conditioninfo/cause>

2. <https://www.healthline.com/nutrition/10-causes-of-weight-gain>

3. <https://possible.in/7-root-causes-of-weight-gain.html>

4. <https://www.worldobesity.org/what-we-do/our-policy-priorities/the-roots-of-obesity>

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6. <https://www.tampabay.com/news/health/explore-the-root-causes-of-your-weight-gain-to-head-them-off/2222084/>

7. <https://www.emetabolic.com/locations/centers/amarillo/blog/how-to-find-the-root-cause-of-your-weight-gain/>

8. <https://estheravant.com/root-weight-gain/>

9. <https://www.webmd.com/diet/ss/slideshow-weight-gain-shockers>

10. <https://blog.thinkreliability.com/rca-for-weight-loss>

ignite weight loss

1. <https://www.discovermagazine.com/lifestyle/ignite-drops-reviews-do-ignite-amazonian-sunrise-drops-work-for-weight-loss>

2. <https://www.orlandomagazine.com/ignite-drops-reviews-side-effects-ingredients-ignite-amazonian-sunrise-drops-complaints/>

3. <https://www.xyngular.com/en-ca/products/ignite/>

4. <https://www.youtube.com/watch?v=hy0NRDNCgrY>

5. <https://www.tribuneindia.com/news/brand-connect/ignite-weight-loss-drops-reviewed-what-to-know-about-ignite-amazonian-sunrise-drops-before-buy-441562>

6. <https://www.amazon.com/Supplement-Designed-Hardcore-Enhanced-Servings/dp/B0B7B521M8>

7. <https://igniteeclinic.com/>

8. <https://www.outlookindia.com/outlook-spotlight/ignite-drops-reviews-honest-customer-warning-ignite-amazonian-sunrise-weight-loss-drops-exposed--news-230456>

9. <https://www.outlookindia.com/outlook-spotlight/ignite-drops-reviews-scam-revealed-don-t-buy-until-see-this-news-229935>

10. [https://npwh.org/global\_engine/download\_custom.aspx?fileid=e4091ea5-78f4-458c-8521-0f9625f3dab1.pdf&filename=Ignite Drops Reviews.pdf&blnIsPublic=2&code=blog&sub=add](https://npwh.org/global_engine/download_custom.aspx?fileid=e4091ea5-78f4-458c-8521-0f9625f3dab1.pdf&filename=Ignite%20Drops%20Reviews.pdf&blnIsPublic=2&code=blog&sub=add)

weight loss benefits

1. <https://www.cdc.gov/healthyweight/losing_weight/index.html>

2. <https://www.piedmont.org/living-better/secret-benefits-of-weight-loss>

3. <https://www.webmd.com/diet/ss/slideshow-five-percent-weight-loss>

4. <https://doctormarvin.com/benefits-of-weight-loss/35-surprising-benefits-weight-loss/>

5. <https://www.insider.com/guides/health/diet-nutrition/benefits-of-losing-weight>

6. <https://www.verywellfit.com/benefits-of-losing-weight-3495571>

7. <https://greatist.com/health/benefits-of-losing-weight>

8. <https://www.nih.gov/news-events/nih-research-matters/benefits-moderate-weight-loss-people-obesity>

9. <https://www.obesityaction.org/resources/benefits-of-5-10-percent-weight-loss/>

10. <https://www.mensjournal.com/health-fitness/25-surprising-benefits-weight-loss/>

See how competitors write about targeted keywords:

**weight loss product**

**1.** <https://www.healthline.com/nutrition/12-weight-loss-pills-reviewed>

Bottom line.
We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process.
Some options are more popular than others, including certain pills, drugs, and natural supplements. These claim to help you lose weight, or at least to make it easier to lose weight when you combine them with other methods.
They tend to work via one or more of these mechanisms:.
Reducing appetite, making you feel more full so that you eat fewer calories.
Reducing absorption of nutrients such as fat, making you take in fewer calories.
Increasing fat burning, making you burn more calories.
It’s important to note that few of these treatments have any basis in science and some could have serious health consequences. You should always discuss any diet or supplement changes with a doctor or registered dietitian.
To separate the myths from facts, here are the 12 most popular weight loss pills and supplements, reviewed by science.
Garcinia cambogia became popular worldwide after being featured on “The Dr. Oz Show” in 2012.
It’s a small, green fruit shaped like a pumpkin. The fruit’s skin contains hydroxycitric acid, the active ingredient in garcinia cambogia extract, which is marketed as a diet pill.
How it works: Animal studies show that it can hinder a fat-producing enzyme in the body and increase serotonin levels, potentially helping to reduce cravings (.
Effectiveness: In one meta-analysis, researchers explored four electronic research databases to investigate the effectiveness of herbal medicines, including garcinia cambogia.
In a total of 54 randomized controlled trials in healthy adults with overweight or obesity, the authors found no difference in weight or body fat percentage between the garcinia cambogia group and the placebo group (.
A 2020 review that looked at eight trials on garcinia cambogia found that, on average, it caused weight loss of about 3 pounds (1.34 kg) (.
Side effects: While it’s widely agreed that garcinia cambogia is safe to take in recommended amounts, studies within the last few years have pointed to some serious side effects.
A 2018 study documented four cases of women who experienced acute liver failure after taking weight loss supplements containing garcinia cambogia (.
Additionally, hepatotoxicity, or liver impairment, and some episodes of mania have also been reported in conjunction with taking garcinia cambogia (.
Summary.
Even though garcinia cambogia may contribute to modest weight loss, the effects are quite small and may not be noticeable.
Hydroxycut has been around for more than a decade and is one of the most popular weight loss supplements in the world.
How it works: It contains several ingredients claiming to help with weight loss, including caffeine and a few plant extracts such as green coffee extract, which we’ll talk more about later.
Effectiveness: A 2011 meta-analysis of five clinical trials found that supplementation with C. canephora robusta, or green coffee extract, one of the key ingredients in Hydroxycut, led to about a 5.5-pound (2.47-kg) weight loss compared to the placebo (.
Summary.
There are few large-scale studies on this supplement and no data on its long-term effectiveness. More research is needed to determine effectiveness and safety concerns.
Green coffee beans are simply coffee beans that haven’t been roasted.
How it works: Caffeine can increase fat burning, and chlorogenic acid can slow the breakdown of carbohydrates in the gut.
A meta-analysis of all the current randomized control trials on green coffee bean extract’s effect on obesity found that the supplement has a significant impact on minimizing body mass index ( 14 ).
Other benefits: Green coffee bean extract may help lower blood sugar levels and reduce blood pressure. It is also high in antioxidants (.
Side effects: It can cause the same side effects as caffeine. The chlorogenic acid it contains may also cause diarrhea, and some people may be allergic to green coffee beans (.
Summary.
Green coffee bean extract may cause modest weight loss, but keep in mind that many of the studies that have found this have been industry-sponsored.
It is found naturally in coffee , green tea, and dark chocolate and is added to many processed foods and beverages.
How it works: One study discussed the effect of caffeine on regulating body weight by increasing energy expenditure — essentially meaning you burn more calories via increased fat breakdown as well as through a process of body heat production called thermogenesis (.
Side effects: In some people, high amounts of caffeine can cause anxiety, insomnia , jitteriness, irritability, nausea, diarrhea, and other symptoms. Caffeine is also addictive and can reduce the quality of your sleep ( 24 ).
There is no need to take a supplement or a pill containing caffeine. The best sources are quality coffee and green tea, which also have antioxidants and other health benefits (.
Summary.
Caffeine could help boost metabolism and enhance fat burning in the short term. However, a tolerance to the effects may develop quickly.
Orlistat is a pharmaceutical drug sold over the counter under the name Alli and via prescription as Xenical.
How it works: This weight loss pill works by inhibiting the breakdown of fat in your gut, meaning that you take in fewer calories from fat.
Effectiveness: A 2003 meta-analysis of studies found that people taking orlistat for 12 months in combination with lifestyle changes saw a 2.9% greater weight reduction than the placebo group (.
Other benefits: Orlistat has been shown to reduce blood pressure slightly and may reduce the risk of developing type 2 diabetes when used alongside lifestyle changes (.
Side effects: This drug has many digestive side effects, including loose, oily stools; flatulence; and frequent bowel movements that are hard to control. It may also contribute to deficiency in fat-soluble vitamins such as vitamins A, D, E, and K ( 29 ).
Following a low fat diet while taking orlistat is often recommended to minimize side effects. Interestingly, a low carb diet (without medication) has been considered as effective as orlistat and a low fat diet combined.
Both diets were as effective for weight loss but showed no significant differences in blood sugar and blood lipid levels. However, orlistat combined with a low fat diet was more effective at lowering blood pressure (.
Summary.
Orlistat, also known as Alli or Xenical, can reduce the amount of fat you absorb from food and help you lose weight. It has many side effects, some of which are highly unpleasant.
Raspberry ketone is a substance found in raspberries that is responsible for their distinct smell.
How it works: In isolated fat cells from mice, raspberry ketones increase the breakdown of fat and increase levels of a hormone called adiponectin, which is believed to be related to weight loss (.
Effectiveness: There are very few studies on raspberry ketones in humans, though one 2013 study looked at raspberry ketones along with some other ingredients and found a potential 2% increase in weight loss over 8 weeks when compared with a placebo ( 31 ).
However, high doses of raspberry ketones were also associated with higher blood sugar levels and higher levels of ALT, a liver enzyme, indicating liver dysfunction.
It’s unknown whether these effects would translate to humans. More research is necessary to determine any benefits and risks.
Summary.
There is no evidence that raspberry ketones cause weight loss in humans, and the rat studies that suggest they may work used massive doses. More research is needed.
Glucomannan is a type of fiber found in the roots of the elephant yam, which is also called konjac .
How it works: Glucomannan absorbs water and becomes gel-like. It “sits” in your gut and promotes a feeling of fullness, helping you eat fewer calories (.
Effectiveness: One clinical trial showed that taking glucomannan for 60 days could lower body weight among participants with overweight, but only if they were consistently taking the supplement (.
Other benefits: Glucomannan is a fiber that can feed the friendly bacteria in the intestine. It can also lower blood sugar, blood cholesterol, and triglycerides and works effectively against constipation (.
Side effects: It can cause bloating, flatulence, and soft stools and can interfere with some oral medications if taken at the same time.
Summary.
Studies show that the fiber glucomannan, when combined with a healthy diet, can help people lose weight. It also leads to improvements in various health markers.
Meratrim is a relative newcomer on the diet pill market.
It’s a combination of two plant extracts — Sphaeranthus indicus and Garcinia mangostana — that may change the metabolism of fat cells.
How it works: It claims to make it harder for fat cells to multiply, decrease the amount of fat they pick up from the bloodstream, and help them burn stored fat.
Effectiveness: Very few studies about Meratrim exist. One study involved 60 people with obesity placed on a strict 2,000-calorie diet and increased physical activity, with either Meratrim or a placebo.
After 8 weeks, the Meratrim group had lost 11 pounds (5.2 kg) and 4.7 inches (11.9 cm) off their waistlines (.
Another study suggested that Meratrim had long lasting effects on appetite suppression ( 39 ).
Summary.
One study showed that Meratrim caused weight loss and had a number of other health benefits. However, the study was industry-sponsored, and more research is needed.
Green tea extract is a popular ingredient in many weight loss supplements. This is because numerous studies have shown that the main antioxidant it contains, EGCG , may aid fat burning.
How it works: Green tea extract is believed to hinder enzymes such as pancreatic lipase, which, when combined with reduced fat absorption, can be an effective way to treat obesity (.
Effectiveness: Many human studies have shown that green tea extract, when paired with exercise, can increase fat burning and cause fat loss, especially in the belly area (.
Side effects: Green tea extract is generally well tolerated. It does contain some caffeine and may cause symptoms in people who are sensitive to caffeine.
CLA has been a popular fat loss supplement for years.
It is known as one of the “healthier” trans fats and is found naturally in some fatty animal-derived foods like cheese and butter .
Effectiveness: In a major review of 13 studies, researchers found that CLA caused weight loss of about 1.1 pounds (0.52 kg) compared with a placebo. This number increased to 2.3 pounds (1.05 kg) in people over age 44 (.
According to another review from 2012, CLA may make you lose about 1.5 pounds (0.7 kg) compared with a placebo. The authors conclude by questioning the clinical relevance of CLA’s small effect on body weight (.
Side effects: CLA can cause various digestive side effects and may have harmful effects over the long term, potentially contributing to fatty liver, insulin resistance, and increased inflammation.
Summary.
CLA could be an effective weight loss supplement, but it may have harmful effects in the long term. The small amount of weight loss it may lead to is not worth the risk.
Forskolin is an extract from a plant in the mint family that is thought to be effective for weight loss.
Effectiveness: One study in 30 men with excess weight or obesity showed that forskolin reduced body fat and increased muscle mass while having no effect on body weight. Another study in 23 women with excess weight found no effects (.
Summary.
The two small studies on forskolin have shown conflicting results. It’s best to avoid this supplement until more research has been done.
A type of orange called bitter orange contains the compound synephrine.
How it works: Synephrine has similar mechanisms to ephedrine but is less potent. It could help reduce appetite and increase fat burning (.
Effectiveness: Very few studies have been done on synephrine, but many studies have found that ephedrine can cause significant short-term weight loss (.
Summary.
Synephrine is a fairly potent stimulant and is potentially effective for weight loss in the short term. However, the side effects can be serious, so it should be used only with extreme caution and with a doctor’s supervision.
Prescription medications for weight loss.
The most common ones are Contrave and Phentermine .
According to a 2014 review, even prescription weight loss pills don’t work as well as you might assume. On average, they may help you lose 3–9% of your body weight compared with a placebo (.
Keep in mind that this is only when these pills are combined with a healthy weight loss diet . They are ineffective on their own and are not likely a helpful long-term solution to obesity . They also have many possible side effects.
The bottom line.
increased fat burning: caffeine and green tea extract.
However, many health professionals advise against orlistat because of the unpleasant side effects and against CLA because of its harmful effects on metabolic health.
That leaves glucomannan, green tea extract, and caffeine. These supplements can be helpful, but the effects are modest at best. And you can find all three naturally in foods and drinks without having to resort to a supplement.
Ultimately, no supplement or pill works very well for weight loss. They may give your metabolism a bit of a nudge and help you lose a few pounds, but that’s where their effects likely end.
Determining a weight that’s healthy for you, focusing on mindful eating , using safe calorie deficits , and increasing your physical activity are still the best ways to lose weight, and these methods work better than all the diet pills combined.
By Kris Gunnars, BSc.
Belly fat is the most harmful fat in your body, linked to many diseases. Here are 6 simple ways to lose belly fat that are supported by science.
READ MORE.
By Kris Gunnars, BSc.
This simple 3-step plan can help you lose weight fast. Read about the 3-step plan, along with other science-backed weight loss tips, here.
Many people store fat in the belly, and losing fat from this area can be hard. Here are 19 effective tips to lose belly fat, based on studies.
Though fad diets typically promise quick and easy weight loss, they seldom live up to the hype. However, these 8 fad diets actually work.
By Lisa Wartenberg, MFA, RD, LD.
If losing weight is your goal, this article covers 18 foods that may help support a healthy and sustainable weight loss journey, according to science.
READ MORE.
By Kris Gunnars, BSc.
This article lists 20 common reasons why you're not losing weight. Many people stop losing before they reach a weight they are happy with.
By Adda Bjarnadottir, MS, RDN (Ice).
There are many natural weight loss methods that science has shown to be effective. Here are 29 easy ways to lose weight naturally.
To lose weight long-term, you don't need crash diets or boot camp. Instead, start by simply replacing processed foods with real foods.
Weight Loss Surgery: New Guidelines Are Released, Expanding Eligibility.
The first new guidelines on weight-loss surgery in 30 years expand eligibility for the procedures by lowering the body-mass index thresholds.
New Guidelines Recommend These Weight Loss Drugs For People With Obesity.
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**2.** <https://www.myalli.com/>

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Let’s Go.
alli IS THE ONLY FDA APPROVED OVER-THE-COUNTER WEIGHT LOSS AID.
Dieting can feel like an uphill battle. With alli on your side, you can get a jumpstart on your diet. When used as directed, alli can help you lose 50% more weight than dieting alone.
Real stories, real results with help from alli.
— Kelly.
— Karen.
I have been using it for a few months now. Family members have said I look great and asked how I lost the weight. I’m very happy.
A Beginner’s Guide to Meal Prepping.
Meal prepping is easy, convenient, and one of the best ways to maintain a healthy diet — even during a busy week!
Why Juice Cleanses Aren't the Best Way to Lose Weight.
People looking for quick weight loss often turn to juice cleanses, but there are a few good reasons why they’re not the best way to lose weight.
SITE MAP.
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**3.** <https://www.amazon.com/Best-Sellers-Weight-Loss-Products/zgbs/hpc/3774931>

**4.** <https://www.lamag.com/sponsored/best-weight-loss-pills-top-diet-supplements-to-lose-weight-2022/>

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ReddIt.
Ranking the best weight loss pills is no easy task to-do in just a few hours or even days worth of time.
When examining dozens upon dozens of viable options on the market today, ample amounts of due diligence and personal discernment research is necessary to decide which is the best weight loss supplement to use. While the placebo effect alone is a powerful concept, most users buying weight loss pills are hopeful they live up to the billing and hailed benefits they can provide versus falling victim to some quick fix that does more harm than help.
But, honestly, the quackery and snake oil salesmen-type run rampant in the weight loss supplementation space. So when there are literally hundreds of options combined to choose from right now on various marketplaces online or at local health food stores, how to know which is a top brand product to try that truly works as advertised?
Thus, this detailed buyer’s guide for comparing and evaluating the most popular supplements formulated to lose weight was born. In order to help cut through the noise and separate a real signal from the fake static that plagues this overhyped industry once and for all; knowledgeable expertise, easy answers and helpful solutions are needed to challenging health obstacles like being overweight and obese, yet are hard to come by. But truth is, legitimate consumer clarity can be created by separating fact from fiction surrounding these prized fat-burning diet pills by digging deeper into the depths of the favorite weight loss pills picked below.
However, to simply state that the best weight loss supplements to buy today with the highest customer ratings are Exipure , (a weight loss supplement that increases fat burning by boosting BAT (brown adipose tissue) production), PhenQ (a wildly popular weight loss pill that targets the fat in five different ways and uses unique ingredients) or the likes of Protetox (these high profile diet pills support losing weight and burning stubborn belly fat in a clinically proven way by detoxifying obesogens) would not be fair to the noble cause and organic origins of this comprehensively-researched buyer’s guide.
Look, before getting into why using a daily weight loss pill is smart to do for optimal weight management – burning fat and losing weight on your own is no easy task to accomplish without a proven strategy in place this day-and-age. On top of addressing some of the real issues about weight loss and body fat stagnation, this guide intends to provide the macro and the micro on these coveted fat burners as well as the pros and cons of each product when selecting the best weight loss pills money can buy. But first, why use diet pills to support healthy weight loss management?
Why Use Diet Pills for Weight Loss?
Whether it is following a nutritional whole food diet, having an active lifestyle or going the extra mile with high-quality supplementation; when it comes to optimizing weight management, there are legitimate reasons why so many people rely on or turn to the most effective weight loss diet pills made by the best brands like Exipure or PhenQ to name a few.
However, by now, most individuals realize there is no special secret sauce or one size fits all straightforward, simple solution in sight. No matter where anyone is starting from or the current state of the body’s health, common sense and the latest scientific research reveal that being well into the elder years of life does require proper weight management and bodily strength, let alone a real fight against the overblown obesity epidemic.
The time is now to make a conscious effort at being disciplined and focused on obtaining sound mind and body wellness for the long run, even if you opt for a reputable weight loss powder like Ikaria Lean Belly Juice or LeptiTrim instead of top-ranked diet pills such as BioFit or Revive Daily .
In addition to applying newfound choices surrounding whole body nutrition and functional fitness regimes, taking the best weight loss formulas daily becomes vitally important for maximizing potential positive results and outcomes. They can significantly increase the odds of actually obtaining real weight loss effects by using key ingredients as catalysts to compound the effects of wholesome dieting and active lifestyle habits. Stacking these healthy habits becomes essential towards the pursuit of lifelong weight management.
Given all of the individual nuances it takes for optimal weight management and the convenience over quality difficulty it takes to balance a healthy diet and active fitness routine; the truth is we hate to break it to anyone coming here for a magic bullet solution rolled out on a red carpet when it comes to expecting top-rated weight loss supplements and diet pills to work miracle wonders overnight. Even if they are effective at burning fat, boosting metabolism, suppressing appetite or simply supplying herbal superfoods and powerful anti-oxidant nutrients like the best weight loss pills reviewed below do – no natural dietary formula should be looked at as the all-in-one holy grail weight loss solution.
But make no mistake about it, the decision to add a proven supplement with lab-tested ingredients from a trusted brand that enhances a desired weight loss outcome and journey is a smart route to take in 2022 and beyond: IF you choose the best diet pill for weight loss that works for specific needs one might desire. We all know that with so many innovations and scientific advancements happening in the world of natural health and wellness, coupled with the fact that our day-to-day food system lacks serious nutritional density as it is depleted of major vitamins and minerals required for optimal health, using diet pills to boost weight loss efforts can become paramount in the quest to be slimmer and fitter faster.
Now that there is recognition of the fact there are countless diet pills marketed to help lose weight safely and effectively, it is time to understand not all diet supplements are results-oriented. To help save you time and money by doing all the research required upfront, here is our list of best weight loss pills which will help you lose weight fast and keep it off naturally.
The Best Weight Loss Pills of 2022.
In order to comprise this list, we tested various weight loss pills, researched their ingredients, talked with the manufacturers, and analyzed their lab testing reports if they were available. After doing all this, here are the best weight loss pills that are dominating the fat burner diet pill market this year:.
Exipure :.
Java Burn :.
BioFit :.
PhenQ :.
Meticore :.
Lean Belly 3X :.
Lean Belly 3X is a fat-loss hack that can help you lose 7 pounds in 7 days by a highly respected brand.
Protetox :.
these high profile diet pills support losing weight and burning stubborn belly fat in a clinically proven way by eliminating obesogens.
Revive Daily :.
Fitspresso :.
Metamorphx :.
These natural weight loss pills are based on a one-minute Japanese Breakfast Trick that can boost metabolism in women to burn stubborn belly fat.
Purodrine :.
LeptiTrim :.
Ignite Drops :.
this unique liquid weight loss formula uses a Drip Method from the Amazon rainforest to boost the body’s fat loss capacity fast.
Ikaria Lean Belly Juice:.
Okinawa Flat Belly Tonic :.
Now that we have an overview of which diet supplements to lose weight are selected and recommended, let’s get into the details of each product:.
Exipure.
Exipure is the number one most popular weight loss pill on the market in 2022. Its popularity, rare formulation and unique approach to losing weight and burning fat is what makes it among the best weight loss pills today.
Raise brown fat levels in the body.
Exipure is a newly launched diet pill supplement that provides a combination of eight ingredients designed to boost brown adipose tissue production in the human body. Brown fat releases heat when it melts, burning nearly 300 times as many calories as normal fat.
If you don’t have the time to plan a diet, cook special meals, or calculate calories, you might benefit from taking this dietary supplement for weight loss. Additionally, this weight loss pill is a better option for those who cannot afford a personal trainer. One of the most straightforward ways to lose weight is by using the Exipure weight loss supplement. Read the full Exipure review here for more details of the number one weight loss supplement to buy this year.
Composition:.
This thermogenic fat burner is made with Chlorogenic acid, chromium, L-carnitine, Green tea extract, L-theanine, Green Coffee Bean Extract, and others.
The Java Burn thermogenic fat burner is the world’s first and only patent-pending combination of eight powerful ingredients for increasing fat-burning and boosting metabolic function. To accomplish this, the fat burner instantly ignites your metabolism to promote optimal health, energy, and well-being. It uses a coffee trick that takes less than 10 seconds every day to lose weight.
This thermogenic fat burner is tasteless to not mess up the taste of your morning coffee. If you have a tight schedule and don’t have enough time to go to gym classes and training sessions, this will be the right choice.
BioFit is unique from all the other top weight loss products on the market. This weight loss pill uses natural gut healing ingredients to inhibit fat growth in a completely different way than all the others on the list. Each BioFit Probiotic diet pill contains over 5.75 Billion CFUs and has strains specifically engineered to help the body burn fat without side effects and efficiently relieve excess gas and belly bloat. There are many studies to support the effectiveness of probiotics in losing weight.
Advantages:.
On this list of best weight loss pills, PhenQ is the only weight loss pill that claims to have helped over 190,000 people in their weight loss journey. PhenQ is unique among natural diet pills because it sells that many units, even the best ones. Additionally, it is said to help with multiple health aspects.
According to the manufacturer, the supplement burns fat, suppresses appetites, blocks fat production, boosts energy, and improves mood, among several weight loss benefits. These best diet pills can help you lose 7.24% of body fat and 3.44% of weight, in addition to increasing 3.80% of your muscle mass. When combined with exercise and diet, PhenQ customers reported losing 20 to 44 pounds in three months. All of this sounds impressive, so this is the best weight loss pill!
Joint pain relief and muscle mass support.
Meticore is unique among the other weight loss supplements and fat burners on this list. There are a number of fat burners and weight loss pills that contain caffeine, herbal extracts, and fiber that work to block the production of new fat cells. The active ingredients in Meticore, however, raise your body’s core temperature, thus assisting your body in burning fat more naturally.
Utilizing eight major ingredients that are as high profile as they come, these best diet pills work as a morning metabolism booster, igniting the metabolic rate to help you lose weight faster. The Meticore weight loss supplement will be the number one dietary supplement in 2022 due to its overall quality.
Advantages:.
Help you lose belly fat and retain muscle mass.
Easy to combine with your daily diet and exercise plan.
Weight loss supplement Lean Belly 3X is manufactured by Beyond 40. The ingredients in Lean Belly 3X are chosen specifically to support weight loss and promote overall health in older adults.
As opposed to other diet pills, Lean Belly 3X utilizes the supporting power of conjugated linoleic acid (CLA) to help users lose stored fat. CLA works by regulating the body’s natural fat metabolism so stored food can be converted to energy rather than fat.
Lean Belly 3X is advertised as helping people lose excess weight in as little as two months. In conjunction with a healthy diet and exercise, it is particularly effective.
Composition:.
Cinnamon, Gymnema Sylvestre, Biotin PureVitamin C, Vanadium, White Mulberry, Vitamin E, Guggul, Licorice, Banaba, Yarrow, Juniper Berries, Bitter Melon, and others.
Advantages:.
Burning stubborn belly fat using detoxification methods.
Burn fat more quickly by increasing your metabolism.
Protetox aids the body’s ability to lose weight by enhancing fat burning. It is a weight loss and metabolism-boosting dietary supplement with a powerful natural fat burner blend. With its concentrated mix of powerful antioxidants, it helps to detoxify the body and lose stored fat.
Pretetox prevents your body from accumulating fat by triggering fat-burning mechanisms in your body. As suggested, you should take the supplement continuously so its natural formula can begin working rigorously in every cell in your body. As a result, your body’s metabolism is boosted and the cellular energy source is energized.
Using the Protetox fat burner will boost your energy levels, resulting in a feeling of less fatigue and increased stamina for workouts. Additionally, it helps maintain healthy blood sugar and cholesterol levels. In addition to keeping your heart healthy and promoting fat loss, it also contains powerful antioxidants to support brain health.
With Protetox pills , you get fresh, natural ingredients that are of the highest quality for burning fat. Designed in an FDA-registered facility, these best weight loss pills are GMP (Good Manufacturing Practice) certified.
Advantages:.
Accelerate the fat-burning process and reduce body fat cells.
Boost the production of growth hormones to help you lose weight faster.
Taking Revive Daily can help people sleep better at night and promote fat-burning and anti-aging growth hormone production (GH). Only eight ingredients are used in Revive’s daily formula, though users are encouraged to continue using it for three to six months.
There are many people who don’t get enough sleep. The recommended amount of sleep is seven to eight hours each night, but numerous interruptions occur during this cycle. People who are ill or stay up all night with kids should find some way to get back to their regular sleep cycle after so many things have changed. The focus of Revive Daily is on that.
The Revive Daily supplement improves sleep and increases growth hormones as well. This fat burner is made of natural ingredients that are less likely to harm the body, but it still delivers an incredible amount of potency.
It is easier to maintain the body’s balance when GH is produced properly with this fat burner. Simple to use, the weight loss pill is meant to be taken before sleep.
Advantages:.
Improve the production of brown fat to reduce body weight.
Support blood sugar and healthy liver function.
Fitspresso weight loss pill is a new addition to the weight loss market and has gained a good reputation among users. The powerful weight loss supplement, FitSpresso, helps you lose weight naturally. It supports healthy fat burning, increases metabolism, and maintains long-term weight loss using clinically studied ingredients.
As soon as you take this best weight loss pill, it begins working, leading to a boost in energy, an enhanced physique, and blood glucose. Further, your energy levels will increase with FitSpresso, allowing you to enjoy life with your loved ones again.
Certain ingredients, like Panax Ginseng, in FitSpresso diet pills, improve the levels of brown adipose tissues in your system. Brown adipose tissue (BAT) is a type of fat that plays an important role in energy metabolism. When BAT is active, it helps to preserve energy by burning calories instead of storing them as body fat. This can lead to weight loss and improved cardiovascular health.
This is one of the best weight loss supplements made in an FDA-approved and GMP-certified facility to maintain the highest standards for safety and quality. Losing weight with FitSpresso is as simple as taking one weight loss pill each day.
Composition:.
Eleuthero root extract, Lyceum berry extract, Licorice root extract, Astragalus root extract, Balloon flower extract, Solomon’s seal root extract, White mulberry leaf extract, Schizandra Chinese fruit extract, Shepherd’s purse stem extract, Milk thistle seed extract, and others.
Advantages:.
Improve immune function and digestive health.
A healthy weight loss pill called MetaMorphx works by shedding extra pounds and reducing body fat to help you achieve a slimmer body. According to its maker, men and women lose weight differently. This is the reason they created this formula for supporting women in their weight loss journey. The best weight loss supplement makes weight loss a dream come true, and it will make it easier for you to look the way you want to.
In the entire world, the Japanese people are famous for their healthy diets. Japan has an island where there are the oldest people and people over 100 years old. They have only been able to do this because they follow a healthy, slim diet that prevents them from contracting chronic diseases. This best weight loss supplement is based on that ancient Japanese recipe.
Taking the suggested dose of this effective weight loss pill at breakfast will give you the most support throughout your day. You only have to spend a minute on it, and it is very effective. While details about the formula of the supplement are lacking, reading through the ingredients list shows how highly effective and potent it can be for body weight loss.
The MetaMorphx formula has already helped more than 33,000 people lose weight, and there are thousands of satisfied customers. If you want an effective weight loss supplement from ancient Japanese culture, the MetaMorphx diet pill is the right option.
Advantages:.
Taking Purodrine for the first time helps anyone burn fat immediately. Its creators describe it as a “game changer,” mainly due to its support for eliminating toxins and boosting energy levels. All of its ingredients are backed by scientific evidence, and it helps consumers reduce unwanted body fat during their low-calorie diet and exercise routines.
According to their creators, scientists from Harvard discovered that fiber is the key to removing stubborn body fat. Researchers found that adding 30 grams of fiber per day to the diet helped with fat burning better than complicated diets. Purodrine’s creators used this information to source ingredients from Mediterranean soil, resulting in extracts thoroughly purified before reaching consumers.
Scientists and supplement creators carefully researched each and every component of Purodrine. Clinical trials support all of them, and they utilize an approach that ensures significant weight loss and detoxification. When a customer orders more than one bottle, he or she will automatically be entitled to two free bonus gifts. These bonus gifts are not explained on the website, so when the user receives their order, they are surprised.
Bonus Products: Non-Weight Loss Diet Pills.
Now for a little bonus to add to this best weight loss diet pills buyer’s guide, the top non-capsule formulas on the market including fat-burning powders and liquid drops as additional highly effective product picks that fit the bill as worthy options to consider today.
Composition:.
Cinnamon, EGCG from Green Tea, Mango seed extract (Irvingia Gabonesis, Chicory plant root, Oat fiber, Strawberry, Raspberry, black currant, Blueberry, Cranberry, Grape seed, and Pomegranate.
LeptiTrim is recognized as the leading weight loss product specifically designed for women to increase the release of the fat-burning hormone Leptin.
Using leptin as its main target, LeptiTrim, helps you lose weight. In addition to controlling your appetite, leptin also regulates your energy levels. As it reaches the brain, it tells you when you’re full because it’s produced by fat cells.
The powerful polyphenols in LeptiTrim are unlike anything else on the market. A special feature of the product is that it is designed specifically for women who are looking to lose excess body fat. Their genetics, their slow metabolism, or anything else they’ve tried before – without success – won’t stand in the way of their success.
Furthermore, LeptiTrim contains scientifically proven ingredients that are readily available, safe, and easy to recognize. Rather than using mysterious, unpronounceable, and possibly harmful ingredients, it uses more natural ingredients.
With this formula, you can mix a scoop with water, and it will dissolve instantly. There is nothing better than LeptiTrim in the morning; you’ll love it. The supplement can be taken with water, juice, or fruit smoothies, as desired.
Composition:.
Capsicum Annuum Fruit, Maca Root, Forskohlii Root, Astragalus Root, Green Tea Extract, African Mango, Gymnema Leaf, Panax Ginseng Root, Guarana Seed, Grapefruit Seed, Eleuthero Root, and others.
Advantages:.
Take care of your immune system and metabolism.
Keep your body healthy by eliminating toxic substances.
Ignite Drops is a liquid weight loss product that features active ingredients that boost metabolism, allowing users to lose body fat in a matter of weeks. Weight loss is extremely difficult for people over 35, according to the official website of Ignite Drops. The cause of this is not their diminished efforts but a hormone known as BAM15.
There are many health problems in the body that are easily resolved by BAM15. It is, however, extremely difficult to activate its production. It is essential that you take Ignite Drops in order to produce this healthy hormone. All of the ingredients in this weight loss supplement work synergistically to trigger this process.
The Ignite Drops Amazonian Sunrise Drops add powerful and clinically proven ingredients that speed up the fat-burning process in no time. When combined, these ingredients initiate a metabolic process against accumulated fat.
In addition to being flavored with natural flavors, Ignite Drops also contain natural antioxidants from green tea extract that are extremely nutritious for your body. Ignite Drops can help you lose weight quickly by adding them to your morning routine.
Ikaria Lean Belly Juice is a drink that boosts metabolism, fights cravings, and keeps blood flow healthy for weight loss.
Ikaria Lean Belly Juice helps reduce stubborn belly fat by lowering uric acid levels. It also works as an excellent appetite suppressant. Its ingredients help regulate hormonal levels and blood sugar levels. Additionally, this beverage supports weight loss by reducing fat absorption and increasing the amount of fat converted to energy. As a result, regular usage increases your energy levels and reduces chronic fatigue.
Furthermore, you can benefit from free weight loss tips online and eBook platforms offered by Ikaria Lean Belly Juice makers.
One of the popular weight loss supplements, Okinawa Flat Belly Tonic , uses a formula inspired by the ancient region of Okinawa in Japan. The entire Okinawa region is known for having no obese individuals.
Okinawa Flat Belly Tonic, according to its official website, is a unique combination of berries and foods that create a chain reaction within the body when consumed. By using this weight loss supplement, your body may start expelling CRP, which subsequently enhances the body’s fat-burning ability and may also boost metabolism. Users can lose weight even while they are sleeping, thanks to the design of the process.
According to its official website, Okinawa Flat Belly Tonic is safe for all people, and it does not demand any diet or exercise regimen.
Best Weight Loss Pills: How We Ranked Them.
Various weight loss products are available on the market, and all promise to provide results. However, many of these fat burners and weight loss supplements are scams. To select the best weight loss pill, it is necessary to possess knowledge about health and dietary supplements. To make this list, our research and editorial team did extensive research and analysis. We used the following ranking factors to determine the best weight loss supplements:.
A truthful advertising.
The weight loss supplements on our list promise long-lasting results over a period of weeks or months, unlike short-term dietary supplements. The best weight loss pill is one that has many positive customer reviews online with the results a company advertises.
Formulated by a physician or doctor.
Consuming a weight loss pill with no expert backing sounds awful. Some manufacturers are good at marketing but are not sure what they are selling to the customers. In our list of best weight loss pills, you will find the top diet pills and prescription medications that are backed by doctors and scientists.
Ingredients backed by science.
Many weight loss pills and fat-burning supplements have several ingredients that have been proven effective in clinical studies. Other ingredients in fat burners are herbal extracts with no scientific backing. Natural ingredients in thermogenic fat burners, such as caffeine, amino acids, fiber, and others, help reduce weight. We ensured the above best weight loss pills contain ingredients backed by science.
Manufacturer’s reputation.
The industry of fat-burning supplements is full of scams. The market is flooded with scam companies offering overpriced, low-quality fat burners. Our list only includes popular weight loss pills from reputable manufacturers with a track record of creating high-quality thermogenic fat burners.
Effective Dosages.
It is possible to use the right ingredients in the wrong doses when it comes to weight loss supplements. There might be numerous good ingredients in many weight loss pills, but the doses are too small to have any effect. We sighted the best weight loss supplements with potential dosages.
Value in terms of price and overall.
Weight loss pills typically cost between $30 and $100 for a one-month supply. Many people spend several hundred dollars a month on weight loss pills, while others spend no more than $25 to $30 per month. When you purchase a budget-friendly weight loss medication, you shouldn’t have to sacrifice quality.
Is There Any Science Behind Weight Loss Pills?
Typically, weight loss pills contain natural and plant-based ingredients that stimulate the metabolism and cause the body to burn more calories. Best diet pills contain a number of scientifically proven ingredients. The following are some of the studies on these ingredients:.
Studies have shown that green tea extract can help burn fat, and it has been shown to promote fat loss. The antioxidants in green tea promote fat burning, which can result in weight loss of up to 2 pounds per week without exercising—taking green tea extract prior to exercising increased weight loss by 17 percent compared to those who did not .
The popularity of conjugated linoleic acid (CLA) has grown in recent years in the weight loss industry. It appears that fatty acids are involved in weight loss. CLA dietary supplements may be an essential part of a ketogenic diet. The effects of CLA on weight loss have been accompanied by some compelling studies , while other ones haven’t been as convincing. To reduce their fat reserves, however, many people take 3 to 6 grams of CLA per day.
Another popular ingredient for weight loss pills is fiber. Dietary supplements like glucomannan, which absorbs water in the gut and helps you lose weight, are available. An experiment performed in 2005 found that people who took glucomannan dietary supplements lost weight. According to other studies, up to 95% of American adults do not consume the recommended daily intake of fiber. Fiber isn’t just good for weight loss: it’s also good for heart health.
Also, green coffee beans can prevent weight gain and promote healthy weight loss. Extract of green coffee beans is obtained from the seeds of the coffee plant’s fruit. This extract helps with weight loss, healthy blood pressure, and many other health benefits.
Caffeine has been effective in burning fat in many studies. Weight loss supplements often contain it for a valid reason. In this 2012 study , caffeine was given to 76 obese adults. It was found that high consumption of caffeine reduced fat mass, waist size, and overall body weight significantly.
In general, studies suggest that an effective weight loss pill can expedite the process of weight loss. With the right weight loss supplement, you can experience powerful fat-burning and appetite suppressant effects, allowing you to lose weight while lowering calorie intake.
Side Effects Of Weight Loss Supplements.
The best weight loss supplements listed in this article are safe and have not been reported for serious side effects. However, there are a number of potential side effects associated with weight loss supplements if you are not following the directions properly. It’s important to be aware of them before making any purchases. Here are some of the most common side effects associated with these products:.
Diarrhea.
While these side effects are generally mild and short-lived, they should not prevent you from taking the supplement if you wish to do so. If you’re concerned about any potential side effects of a weight loss pill, it’s important to talk to your doctor before taking it.
Who Should Take Weight Loss Pills?
Everyone’s body is different and reacts differently to weight loss pills. That being said, general guidelines that can help you decide who should take fat loss solutions include:.
People who are overweight or obese.
Weight loss pills are designed to help people lose weight, and if you’re already overweight or obese, they are likely to be more effective at doing so.
People who want to reduce weight quickly.
Weight loss pills usually work best when combined with a healthy diet and regular exercise. If you want to lose weight quickly, taking weight loss pills may be a good way to speed up the process.
People who are struggling to stick to a healthy diet and exercise routine.
If you find it hard to stick to a healthy diet and exercise routine on your own, taking weight loss pills may help you stay on track. They can also provide short-term relief from cravings for unhealthy foods.
People who have health concerns.
Some people have health concerns that may make them more susceptible to side effects from weight loss pills, such as high blood pressure or heart disease. If you have any questions about your health or whether weight loss pills would be a good fit for you, speak with your doctor first.
Best Natural Ways Of Losing Weight.
There are a variety of natural ways of losing weight, and it all depends on your goals and preferences. Some of the most popular ways to lose weight include:.
Eat a good diet.
One of the best ways to reduce weight is by eating healthy food that includes plenty of fruits and vegetables, whole grains, and low-fat proteins.
Exercise regularly.
Reduce your calorie intake.
If you’re looking to lose fat quickly, reducing your calorie intake can be a great way to do so. Try to limit your intake to around 1,500-1,800 calories per day to help you lose weight quickly.
Use natural supplements.
Some people find that using natural supplements, including ingredients such as Garcinia Cambogia or Green Tea Extract, can help them reduce weight more quickly than other methods. Try doing some research on these supplements before taking them if you’re interested in trying them out.
Get adequate sleep.
Sleep is crucial for regulating your appetite and preventing weight gain. Try going to bed at a reasonable time and waking up early enough to have time for a proper breakfast before starting your day.
Meditate or practice yoga.
Meditation and yoga have been shown to be effective methods for reducing stress and improving your mood. They can also help you lose weight by regulating your appetite and boosting your metabolism.
Whatever route you decide to take, make sure to stay consistent with it and remember that it takes time and effort to achieve long-term results.
Frequently Asked Questions.
What is the mechanism behind weight loss pills?
Effective weight loss pills typically contain a combination of ingredients that work together to help you lose weight. Most weight loss pills avoid absorption of dietary fat and suppress appetite to reduce weight. At the same time, other weight loss drugs burn fat by enhancing the thermogenesis process in the body. These ingredients include stimulants like caffeine and guarana, appetite suppressants like sibutramine and orlistat, and fat burners like capsaicin and green tea extract.
Can I buy weight loss pills without a prescription?
No, you do not need a prescription for taking natural weight loss pills and fat burners. However, it is always a good idea to speak with your doctor before starting any new healthy diet or exercise program. Also, there are some prescription weight loss pills that require consultation with a doctor before use.
How safe are weight loss pills?
The safety of weight loss pills will vary depending on the individual’s health history and current diet. However, most weight loss pills and prescription weight loss drugs are generally considered safe when taken as prescribed by a doctor. Also, people with high blood pressure and other heart-related illnesses must consider their doctor before taking any diet pill.
What do you mean by a prescription weight loss medication?
A prescription weight loss pill is a medication prescribed by a doctor to help individuals lose weight. In order to suppress appetite and help the body metabolize fat, prescription weight loss pills reduce daily calorie intake by increasing metabolism.
Are prescription weight loss drugs safe?
While prescription weight loss drugs are often marketed as safe and effective, there is evidence to suggest that this may not be the case. Many of these prescription medications have been associated with side effects such as the increased risk of heart attack, stroke, and other types of blood clots. Additionally, some people have reported experiencing negative psychological effects such as depression and anxiety. When choosing a prescription weight loss drug, it is important to discuss your goals with your doctor first so that you can choose the best option for you.
Can anyone take prescription medications for fat loss?
Prescription medications and pills should only be used after consulting a health professional.
Is green tea a good option for weight reduction?
Green tea may be a good option for weight reduction if you are drinking it in conjunction with a proper diet and exercise routine. Many of the benefits are associated with green tea (like reduced inflammation, better heart health, and increased cognitive function). With green tea, fall loss can also be achieved through regular exercise.
Top Diet Supplements to Lose Weight Closing Remarks.
It’s time to start making some changes in your life. Whether you want to lose weight, get healthier, or simply feel better about yourself, there are plenty of great options out there for you. Despite the tricky and tiresome nature this research entails given so many bogus claims and outlandish superlatives and expectations made in the world of weight loss pills, it was made clear upfront everything that went into this best weight loss pills buyer’s guide.
The best weight loss pills that made the final cut above such as Exipure , Protetox or PhenQ are all leading the way as risk-free product picks to choose today.
However, there are many other legitimate diet supplements covered in the rankings that boost one’s capacity to lose weight naturally that are also worthy considerations to contemplate about. Whether shopping for the best meal replacement shakes , creatine powders , pre-workouts , or protein products – and of course the best weight loss supplements that work – make sure to buy from a trusted company and reputable brand that puts the onus on the formula to perform or your money back.
There are a lot of factors that can affect how well you will see results from your healthy diet and exercise routine; make sure that you’re taking advantage of the best weight loss pills available on our list above!
This article has been supplied by Xwerks, a paid advertiser. Content has not been independently verified by Los Angeles magazine.
Previous article The Top 9 Best Creatine Monohydrate Supplements Reviewed [Update].
ABOUT US.
Los Angeles has covered the people, food, culture, arts and entertainment, fashion, lifestyle, and news that define Southern California since 1961.
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Performance cookies are used to understand and analyze the key performance indexes of the website which helps in delivering a better user experience for the visitors.
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This cookie is set by the provider Curalate. This cookie collect user interaction data like clicks and impressions pseudonymously. This helps Curalate to measure and optimize the performance of client's Fanreel installation.
2 years.
The domain of this cookie is owned by ZypMedia. This cookie is used for collecting data on user behaviour with the website video content. This collected information is used for making the video content more relevant.
1 year.
This cookie is set by the provider Eventbrite. This cookie is used for delivering content based on the user's interest. It also helps in event booking purposes.
1 minute.
This cookies is installed by Google Universal Analytics to throttle the request rate to limit the colllection of data on high traffic sites.
Analytical cookies are used to understand how visitors interact with the website. These cookies help provide information on metrics the number of visitors, bounce rate, traffic source, etc.
1 year.
This cookie is used to store information of how a user behaves on multiple websites. This information is them used to customize the relevant ads to be displayed to the users.
1 year.
This cookie register a unique ID which identifies the user browser from visiting the webistes. This cookie collects the statistical data of the visitor for serving targeted ads.
CONSENT.
16 years 4 months 1 day 3 hours 6 minutes.
These cookies are set via embedded youtube-videos. They register anonymous statistical data on for example how many times the video is displayed and what settings are used for playback.No sensitive data is collected unless you log in to your google account, in that case your choices are linked with your account, for example if you click “like” on a video.
5 months 27 days.
This cookie is set under the domain demdex.net and is used by Adobe Audience Manager to help identify a unique visitor across domains.
1 year 24 days.
The domain of this cookie is owned by Rocketfuel. This cookie is used to sync with partner systems to identify the users. This cookie contains partner user IDs and last successful match time.
1 year 24 days.
This cookie is used by HubSpot to keep track of the visitors to the website. This cookie is passed to Hubspot on form submission and used when deduplicating contacts.
5 months 27 days.
This cookie is used by Issuu analytic system. The cookies is used to gather information regarding visitor activity on Issuu products.
2 years.
This cookie is installed by Google Analytics. The cookie is used to calculate visitor, session, campaign data and keep track of site usage for the site's analytics report. The cookies store information anonymously and assign a randomly generated number to identify unique visitors.
1 day.
This cookie is installed by Google Analytics. The cookie is used to store information of how visitors use a website and helps in creating an analytics report of how the website is doing. The data collected including the number visitors, the source where they have come from, and the pages visted in an anonymous form.
1 year 24 days.
This cookie is set by Google and stored under the name dounleclick.com. This cookie is used to track how many times users see a particular advert which helps in measuring the success of the campaign and calculate the revenue generated by the campaign. These cookies can only be read from the domain that it is set on so it will not track any data while browsing through another sites.
1 year 24 days.
This cookie is set by Hubspot and is used for tracking visitors. It contains the domain, utk, initial timestamp (first visit), last timestamp (last visit), current timestamp (this visit), and session number (increments for each subsequent session).
Advertisement cookies are used to provide visitors with relevant ads and marketing campaigns. These cookies track visitors across websites and collect information to provide customized ads.
1 day.
This cookie is set by the provider Yahoo.com. This coookie is used to collect data on visitor preference and behaviour on website inorder to serve them with relevant content and advertisement.
1 year.
This cookie is used to set an unique ID for the visitors which helps third party advertisers to target the visitor with relevant advertisement.
1 year 1 month.
This cookie is set by the provider Bidr. The main purpose is targeting and advertising. This cookie is used to serve the user with relevant advertisement based on real time bidding.
3 months.
This cookie is set by the provider Pubmatic. This cookie is used to serve the visitor with relevant contents and advertisement.
1 year.
The cookie is set by CasaleMedia. The cookie is used to collect information about the usage behavior for targeted advertising.
1 day.
The cookie is set by CasaleMedia. The cookie is used to collect information about the usage behavior for targeted advertising.
3 months.
This cookie is set by the provider Eqads. This cookie is used for registering unique ID for identifying the returning user's device. The ID is used for targeting Ads to the user.
1 year.
The cookie is set under eversttech.net domain. The purpose of the cookie is to map clicks to other events on the client's website.
3 months.
The cookie is set by Facebook to show relevant advertisments to the users and measure and improve the advertisements. The cookie also tracks the behavior of the user across the web on sites that have Facebook pixel or Facebook social plugin.
session.
This cookie is set by the provider Sonobi. This cookie is used to track the visitors on multiple webiste to serve them with relevant ads.
1 year 24 days.
Used by Google DoubleClick and stores information about how the user uses the website and any other advertisement before visiting the website. This is used to present users with ads that are relevant to them according to the user profile.
3 months.
The cookie is set by pubmatic.com for identifying the visitors' website or device from which they visit PubMatic's partners' website.
1 day.
This cookie is set by pubmatic.com for the purpose of checking if third-party cookies are enabled on the user's website.
1 year.
This is a Lijit Advertising Platform cookie. The cookie is used for recognizing the browser or device when users return to their site or one of their partner's site.
session.
This cookie is set by the provider OpenX. This cookie is used for advertising campaigns on the website. The cookie helps in avoiding the same ad showing repeatedly.
1 year.
This cookie is set when an AdsWizz website visitor have opted out the collection of information by AdsWizz service or opted to disable the targeted ads by AdsWizz.
3 months.
This cookie is set by pubmatic.com. The cookie stores an ID that is used to display ads on the users' browser.
1 year 24 days.
The domain of this cookie is owned by Rocketfuel. The main purpose of this cookie is advertising. This cookie is used to identify an user by an alphanumeric ID. It register the user data like IP, location, visited website, ads clicked etc with this it optimize the ads display based on user behaviour.
session.
The domain of this cookie is owned by Rocketfuel. This cookie is a session cookie version of the 'rud' cookie. It contain the user ID information. It is used to deliver targeted advertising across the networks.
1 year.
This cookie is used to collect information on user preference and interactioin with the website campaign content. This cookie is used for promoting events and products by the webiste owners on CRM-campaign-platform.
1 year.
The cookie is set by CloudFlare service to store a unique ID to identify a returning users device which then is used for targeted advertising.
1 year.
The cookie is set by CloudFlare service to store a unique ID to identify a returning users device which then is used for targeted advertising.
15 minutes.
This cookie is set by doubleclick.net. The purpose of the cookie is to determine if the user's browser supports cookies.
1 year.
This cookie is set by .bidswitch.net. The cookies stores a unique ID for the purpose of the determining what adverts the users have seen if you have visited any of the advertisers website. The information is used for determining when and how often users will see a certain banner.
1 year.
This cookie is set by .bidswitch.net. The cookies stores a unique ID for the purpose of the determining what adverts the users have seen if you have visited any of the advertisers website. The information is used for determining when and how often users will see a certain banner.
2 months.
This cookie is used to measure the number and behavior of the visitors to the website anonymously. The data includes the number of visits, average duration of the visit on the website, pages visited, etc. for the purpose of better understanding user preferences for targeted advertisments.
3 months.
This cookies is set by AppNexus. The cookies stores information that helps in distinguishing between devices and browsers. This information us used to select advertisements served by the platform and assess the performance of the advertisement and attribute payment for those advertisements.
1 year 1 month.
The domain of this cookie is owned by Dataxu. The main business activity of this cookie is targeting and advertising. This cookie tracks the advertisement report which helps us to improve the marketing activity.
1 year.
The cookie is set by GDPR cookie consent to record the user consent for the cookies in the category "Functional".

**5.** <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20046409>

This content does not have an English version.
Appointments at Mayo Clinic.
By Mayo Clinic Staff.
The promise of fast weight loss is hard to resist. But do weight-loss supplements lighten anything but your wallet? And are they safe?
What are dietary supplements?
Dietary supplements are sold as health aids. They're taken by mouth. Common ingredients are vitamins, minerals, fiber, caffeine, herbs and other plants.
Some of the most popular supplements claim to improve nutrition, boost energy, build muscle or burn fat.
How are dietary supplements regulated?
Companies that make supplements are responsible for the safety of their products. They must ensure that their products are free of contaminants and that they're accurately labeled.
Dietary supplements don't require approval by the U.S. Food and Drug Administration (FDA). But if a supplement is found to be unsafe, the FDA can issue warnings or ask that it be withdrawn from the market.
Interpreting claims about weight loss.
You might be surprised to learn that makers of dietary supplements rarely carry out clinical trials. That's part of the reason why there's little scientific evidence to show that weight-loss supplements work.
For example, raspberry ketone is marketed as a clinically proven weight-loss product. That claim is supported by one clinical trial.
The trial included 70 adults with obesity. All were placed on a restricted diet and exercise program. They were then randomly assigned to receive either a placebo or a supplement containing raspberry ketone, caffeine, bitter orange, ginger and garlic root extract.
The 45 people who completed the trial all lost weight:.
The average weight loss in the supplement group was 4.2 pounds (1.9 kilograms).
The average weight loss in the placebo group was 0.9 pounds (0.4 kilograms).
While these results are intriguing, the fact that the trial was small and lasted only eight weeks means the results can't be reliably generalized to real-world situations. And importantly, a short trial like this may miss side effects that only become apparent with long-term use.
In addition, the trial used a supplement that contained multiple ingredients. So it's impossible to tell which ingredient was responsible for the weight loss.
Ideally these initial results would be tested in a much longer trial involving hundreds of participants with careful monitoring for side effects. Results from such a trial would allow for an informed decision about the safety and effectiveness of such a product.
Until such trial data is more readily available, claims regarding dietary supplements and weight loss should be treated with caution.
Understanding safety concerns.
A product isn't necessarily safe simply because it's natural. Though rare, some dietary supplements have been linked to serious problems, such as liver damage.
Supplements can have strong effects. Ephedra (ma-huang) is an herb once used for weight loss. It's now banned by the FDA because it was associated with adverse effects, such as mood changes, high blood pressure, irregular heart rate, stroke, seizures and heart attacks.
Research before you buy.
It's important to do your homework if you're thinking about trying a weight-loss supplement. Check credible websites, such as those run by the U.S. Office of Dietary Supplements and the National Center for Complementary and Integrative Health.
Also be sure to talk with your doctor before taking any supplement. This is especially important if you have health problems, take prescription drugs, or are pregnant or breast-feeding. .
From Mayo Clinic to your inbox.
Sign up for free, and stay up to date on research advancements, health tips and current health topics, like COVID-19, plus expertise on managing health.
Learn more about Mayo Clinic’s use of data.
To provide you with the most relevant and helpful information, and understand which information is beneficial, we may combine your email and website usage information with other information we have about you. If you are a Mayo Clinic patient, this could include protected health information. If we combine this information with your protected health information, we will treat all of that information as protected health information and will only use or disclose that information as set forth in our notice of privacy practices. You may opt-out of email communications at any time by clicking on the unsubscribe link in the e-mail.
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**6.** <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss-drugs/art-20044832>

This content does not have an English version.
Appointments at Mayo Clinic.
By Mayo Clinic Staff.
Are you an adult who has serious health problems because of your weight? Have you tried diet and exercise but haven't been able to lose enough weight? If you answered yes to these questions, a prescription weight-loss drug may be an option for you.
You should know, however, that prescription weight-loss drugs are used in addition to — not instead of — diet and exercise.
Who is a candidate for weight-loss drugs?
Your doctor may consider a weight-loss drug for you if you haven't been able to lose weight through diet and exercise and you meet one of the following:.
Your body mass index (BMI) is greater than 30.
Your BMI is greater than 27 and you have a serious medical problem related to obesity, such as diabetes or high blood pressure.
Before selecting a medicine for you, your doctor will consider your history and health challenges. Then your doctor will talk with you about the pros and cons of prescription weight-loss drugs.
It's important to note that weight-loss drugs aren't for everyone. For example, prescription weight-loss drugs shouldn't be used if you're trying to get pregnant, are pregnant or are breast-feeding.
How well do weight-loss drugs work?
Prescription weight-loss drugs approved for long-term use (more than 12 weeks) produce significant weight loss compared with placebo. The combination of weight-loss medication and lifestyle changes results in greater weight loss than lifestyle changes do alone.
Over the course of a year, that can mean a weight loss of 3% to 7% of total body weight above that achieved with lifestyle changes alone. That may seem like a modest amount. But a sustained weight loss of 5% to 10% can have important health benefits, such as lowering blood pressure, blood sugar and triglyceride levels.
What you should know about weight-loss drugs.
Mild side effects, such as nausea, constipation or diarrhea, are common. They may lessen over time. Rarely, serious side effects can occur. For this reason, it's important to thoroughly discuss treatment options with your doctor.
Weight-loss drugs can be expensive and aren't always paid for by insurance. Ask your insurance company about coverage.
Many people gain back some of the weight they lost when they stop taking weight-loss drugs. However, adopting healthy lifestyle habits may help limit weight gain.
How long does drug therapy last?
How long you'll take a weight-loss drug depends on if the drug helps you lose weight. If you've lost enough weight to improve your health and you haven't had serious side effects, your doctor may suggest that you take the drug indefinitely.
If you haven't lost at least 5% of your body weight after three to six months on the full dose of a drug, your doctor will probably change your treatment and may switch you to a different weight-loss drug.
What drugs are approved for weight loss?
Phentermine-topiramate (Qsymia).
Most prescription weight-loss drugs work by decreasing appetite or increasing feelings of fullness. Some do both. The exception is orlistat. It works by interfering with absorption of fat.
Bupropion-naltrexone.
Bupropion-naltrexone is a combination drug. Naltrexone is used to treat alcohol and opioid dependence. Bupropion is an antidepressant and quit-smoking aid. Like all antidepressants, bupropion carries a warning about suicide risk. Bupropion-naltrexone can raise blood pressure, and monitoring is necessary at the start of treatment. Common side effects include nausea, headache and constipation.
Liraglutide.
Liraglutide is also used to manage diabetes. Unlike other weight-loss drugs, liraglutide is given by injection. Nausea is a common complaint. Vomiting may limit its use.
Orlistat.
Orlistat is also available in a reduced-strength form without a prescription (Alli). Orlistat can cause bothersome gastrointestinal side effects, such as flatulence and loose stools. You need to follow a low-fat diet when taking this medicine. Rare cases of serious liver injury have been reported with orlistat. However, no cause-and-effect relationship has been established.
Phentermine-topiramate.
Phentermine-topiramate is a combination of a weight-loss drug (phentermine) and an anticonvulsant (topiramate). Phentermine has the potential to be abused because it acts like an amphetamine. Other possible side effects include an increase in heart rate and blood pressure, insomnia, constipation, and nervousness. Topiramate increases the risk of birth defects.
Phentermine by itself (Adipex-P, Lomaira) is also used for weight loss. It's one of four similar weight-loss drugs approved for short-term use (less than 12 weeks). The other drugs in this group aren't widely prescribed.
The bottom line.
Weight-loss drugs aren't an easy answer to weight loss. But they may help you make the necessary lifestyle changes to lose weight and improve your health. .
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Sign up for free, and stay up to date on research advancements, health tips and current health topics, like COVID-19, plus expertise on managing health.
Learn more about Mayo Clinic’s use of data.
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**7.** <https://www.cvs.com/shop/diet-nutrition/weight-loss>

**8.** <https://www.timesunion.com/marketplace/article/best-diet-pill-supplements-17167158.php>

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If you’ve ever struggled to lose weight, you’re not alone. According to a report by the CDC, over 49% of Americans try to lose weight each year.
But there is hope. Weight loss pills like PhenQ have helped many people lose weight safely and effectively.
In this article, we’ve compiled a list of the best diet pills in 2022. We’ll look at the pros and cons and key ingredients while examining the science behind each supplement.
Transparent Labs Fat Burner - Best weight loss pill for athletes.
We’ve done the research to bring you our top picks for weight loss pills in 2022. By comparing ingredients, safety, price, and effectiveness, we’ve narrowed down the best options on the market.
Who Is This Weight Loss Pill Best for?
PhenQ targets your weight loss in five different ways , making it one of the most comprehensive weight loss pills for people who want to lose weight.
For example, nopal, or prickly pear cactus, positively affects adiposity and metabolism [1]. At the same time, Capsimax can decrease body fat by stimulating thermogenesis [2].
PhenQ is not recommended for pregnant or breastfeeding women or those under 18.
Potential Side Effects.
The most common side effect is increased energy levels. This can lead to feeling jittery or anxious and may disturb your sleep if taken too late in the day.
Safety - 4.9/5.
PhenQ is made of natural ingredients, so it’s relatively safe for most people. However, as with any supplement, there are potential side effects to be aware of. Caffeine sensitivity may exacerbate symptoms such as jitteriness and anxiety.
PhenQ is one of the most effective weight loss pills on the market. It promotes thermogenesis while suppressing your appetite.
Price - 4.7/5.
PhenQ is priced at $69.99 for a one-month supply, making it a mid-priced weight loss pill. However, you can save money by buying in bulk, with discounts available for two and three-month supplies.
Customer Ratings - 5/5.
Customers report seeing results in just a couple of weeks, which is much faster than other weight loss pills. Overall, PhenQ reviews are positive and indicate customers are pleased with the product.
Our Verdict.
PhenQ is our top pick for the best weight loss pills in 2022. It’s a comprehensive formula that utilizes specialized ingredients to achieve results.
This supplement is designed to help burn fat, suppress your appetite, and boost your energy levels while preventing new fat cells from forming.
If you’re a woman who’s tired of taking harmful amounts of stimulants like caffeine to achieve your weight loss goals, Leanbean is a safe alternative .
This supplement contains 11 ingredients that work together to help you burn fat, including thermogenic compounds like green coffee bean and the “golden goddess” turmeric.
Plus, clinically proven doses of glucomannan provide an effective course of action for reduced caloric intake and increased satiety [3].
Leanbean is not recommended for pregnant or breastfeeding women or those under 18.
If you have a pre-existing medical condition or are currently taking any prescription medication, consult your healthcare professional before taking Leanbean.
Leanbean’s low stimulant formula means reduced side effects from caffeine. However, there is always the potential for mild digestive issues such as gas or bloating.
Safety - 5/5.
Leanbean’s all-natural ingredients and lack of stimulants make it a good choice for those women who are sensitive to caffeine or other stimulants.
In addition, the formula is free from harsh chemicals or artificial ingredients, so you can be confident that you’re only getting high-quality ingredients.
Effectiveness - 4.8/5.
Leanbean uses three main mechanisms to help you lose weight: thermogenesis, appetite suppression, and increased energy levels.
The supplement includes 3000 mg of glucomannan, vitamins B6 and B12, piperine, garcinia cambogia, and green coffee. It maximizes the bioavailability and absorption of its potent ingredients to give you the most effective weight loss results.
Price - 4.6/5.
Leanbean is one of the more affordable weight loss pills on the market, with a price tag of $59.99 for a one-month supply. However, significant savings are available when you purchase the Complete Bundle, which includes four months of Leanbean for $189.97.
Customer Ratings - 4.7/5.
Customers praise Leanbean for reducing cravings and bloating. Generally, reviewers are happy with the outcomes they’ve seen from taking Leanbean. Many customers have noted seeing results in as little as 10 days.
Our Verdict.
Leanbean’s blend of thermogenic compounds, appetite suppressants, and energy-boosting ingredients makes it an effective weight loss pill for women.
If you’re looking for a low-stimulant weight loss pill that can aid in your weight loss goals, Leanbean is a viable choice for most women.
Instant Knockout was developed for boxers and MMA fighters and, as such, is a great tool for men who want to burn fat .
Instant Knockout includes effective ingredients like glucomannan and green tea extract, which can suppress appetite, boost metabolism, and increase fat oxidation [4]. This way, you can eat less and burn more calories throughout the day.
Who Should Avoid This Supplement?
Instant Knockout is not recommended for men under 18 years of age. Furthermore, women may experience increases in blood pressure due to the caffeine content of this weight loss pill [5].
Potential Side Effects.
Potential side effects include increased heart rate, anxiety, or jitters. However, these side effects are generally mild and go away within a few days of taking Instant Knockout.
Instant Knockout takes your health and safety seriously. The formula is free from banned substances and harmful fillers. Furthermore, it is manufactured in FDA-inspected and cGMP-certified facilities in the US and UK.
Instant Knockout uses a blend of all-natural ingredients to help you burn fat. The main ingredient, green tea extract, may increase metabolism and fat oxidation.
Price - 4.6/5.
A single month’s supply of Instant Knockout costs $65 plus shipping. However, you’ll get the best deal by purchasing four months of Instant Knockout for $195, including free worldwide shipping and an additional free supplement worth $80.
Customer Ratings - 4.7/5.
Customer testimonials reveal many men achieve sustainable results with Instant Knockout. Reviewers report significant decreases in body fat, increased energy levels, and better performance when taking Instant Knockout alongside a healthy lifestyle.
Our Verdict.
Instant Knockout is a reliable fat burner for men. It’s an all-natural product with clinically proven ingredients to help you lose weight.
Furthermore, the combined effects of L-theanine and caffeine can help to improve focus while eliminating the crash experienced with other energy-boosting supplements.
Trimtone is best for women who take it alongside a healthy diet and regular exercise. The thermogenic effect of Trimtone can help support your weight loss journey by burning stubborn fat and calories.
There is no magic pill for weight loss. However, Trimtone can help you achieve your goals by utilizing clinically proven ingredients like green coffee and green tea extract.
Furthermore, research shows that daily intake of grains of paradise can decrease visceral fat and activate brown adipose tissue (BAT). This helps burn additional calories through increased energy expenditure [6].
Trimtone contains caffeine, so you should avoid it if you’re sensitive to stimulants. This product is also not recommended for women who are pregnant or breastfeeding. In addition, Trimtone is not vegan-friendly as it contains gelatin in the capsules.
The most common side effect of Trimtone is jitters or anxiety due to the stimulant caffeine. However, these effects are generally mild and go away within a few days of taking Trimtone.
Trimtone contains all-natural ingredients that are clinically proven to be safe and effective. The formula is also free from banned substances and harmful fillers, so you can be sure you’re getting a quality product.
Trimtone is designed to help women burn fat and lose weight. With its blend of caffeine, grains of paradise, green tea, glucomannan, and green coffee, Trimtone contains essential ingredients for slimming down.
Price - 4.5/5.
Trimtone costs $49.99 for a one-month supply, making it one of the most affordable weight loss pills on the market. Plus, you can get up to five months of Trimtone for $149.99, including free shipping.
Customer Ratings - 4.5/5.
Customer reviews indicate that Trimtone users see results. For example, many women report increased energy levels, fewer cravings, and increased weight loss while taking Trimtone.
Our Verdict.
As far as thermogenic weight loss supplements go, Trimtone comes highly recommended. It’s designed specifically for women and uses all-natural, clinically-proven ingredients to help you burn fat.
PhenGold is a good choice for those who have trouble sticking to a diet or exercise program due to hunger or cravings.
Many of the clinically proven ingredients in PhenGold can help reduce the obstacles preventing you from reaching your weight loss goals.
Furthermore, the B vitamins in PhenGold are key factors in energy metabolism and help your body successfully convert food into fuel [7].
PhenGold contains 225 mg of caffeine, so it’s not recommended for those sensitive to stimulants. This product is also not recommended for women who are pregnant or breastfeeding.
The most common side effects of PhenGold are jitters and anxiety due to its caffeine content. If you experience side effects from stimulants, lower your caffeine intake until your body adjusts.
Safety - 4.5/5.
As a 100% natural weight loss supplement, PhenGold can be a safe and effective option for those looking to lose weight. PhenGold is manufactured in FDA-registered and GMP-certified facilities in the US, so quality and safety standards are strictly followed during production.
Effectiveness - 4.5/5.
PhenGold is designed to help you lose weight and keep it off long-term. The multi-action formula contains clinically proven ingredients like green coffee and green tea, which stimulate thermogenesis and encourage fat burning [8].
Price - 4.5/5.
Customer Ratings - 4.5/5.
PhenGold customers report losing pounds and inches quickly when taking the supplement. In addition, users report more energy after three weeks, with the most significant results being seen after four months.
Our Verdict.
PhenGold offers a versatile blend of clinically proven ingredients that help burn fat, enhance your mood, and increase energy.
PhenGold features a 100-day money-back guarantee. Plus, you can save up to $120 on multi-month supplies, making PhenGold one of the most affordable weight loss pills.
PrimeShred is best for men whose weight loss efforts have stalled or hit a plateau . The powerful thermogenic ingredients in PrimeShred can help release stored body fat and accelerate your metabolism when nothing else seems to be working.
It includes clinically-proven ingredients like green tea extract, DMAE, L-tyrosine, L-theanine, and BioPerine. As a result, this supplement works synergistically to support whole-body fat loss.
The brain-boosting nootropics in PrimeShred can enhance cognitive function and improve focus so you can stay on track with your diet and exercise routine. Studies show that DMAE helps the body produce acetylcholine, which is important in brain function and memory [9].
PrimeShred is not recommended for women who are pregnant or breastfeeding, as well as those under the age of 18. If you have a medical condition, you should consult your doctor before taking any weight loss supplement.
Safety - 4.5/5.
PrimeShred offers an all-natural weight loss approach with clinically-proven safe and effective ingredients. There are no GMO or artificial ingredients, plus PrimeShred is manufactured in GMP-certified and FDA-registered facilities.
Effectiveness - 4.4/5.
PrimeShred’s thermogenic formula increases your body temperature so you can burn more calories throughout the day. Many ingredients, such as green tea and caffeine, have plenty of evidence to back them up as effective.
Price - 4.6/5.
A one-month supply of PrimeShred costs $49.99 plus $7.95 shipping. You’ll save the most, plus get free shipping when you purchase a five-month supply at $149.99.
Customer Ratings - 4.5/5.
Many customers experience significant results with PrimeShred, including more energy and improved focus. Some customers report seeing results within the first two weeks of taking PrimeShred. Still, most see results after six to eight weeks of consistent use.
Our Verdict.
PrimeShred offers a powerful thermogenic formula to help men break through weight-loss plateaus. If you’re looking for an all-natural way to boost your metabolism and lose weight after a stall, PrimeShred is an excellent option to kickstart your fat-burning efforts.
Burn Lab Pro is best for those sensitive to caffeine and other stimulants.
The formula uses cayenne pepper extract to increase energy expenditure and hydroxy beta-methyl butyrate (HMB) to help prevent muscle breakdown [10]. The powerful ingredient chromium has been shown to positively affect glucose levels while decreasing body fat [11].
Burn Lab Pro is not recommended for pregnant or breastfeeding women or those under 18. If you have a pre-existing medical condition or take prescription medication, consult your doctor to avoid potential interactions.
Safety - 4.5/5.
Burn Lab Pro prioritizes safety with its stimulant-free, vegan-friendly, and allergen-free formula. The capsules are also easy to take and free from harsh additives and chemicals.
Effectiveness - 4.4/5.
Burn Lab Pro’s therapeutic blend includes ForsLean, Capsimax, beta-hydroxy-beta-methyl butyrate, and GTF chromium. These ingredients can effectively manage insulin levels, speed up metabolism, and increase lean body mass.
Price - 4.5/5.
A one-month supply of Burn Lab Pro costs $59.00 plus $7.95 for shipping, making it slightly more expensive than some of our other top picks. However, you can save money over time by selecting a four-month supply for $177, plus shipping is free.
Customer Ratings - 4.4/5.
Customers give Burn Lab Pro four out of five stars for consistent fat loss and improved energy levels. There are some complaints about shipping times, but the company has a strong reputation for excellent customer service.
Our Verdict.
Burn Lab Pro is a potent, stimulant-free weight loss supplement that combines clinically tested ingredients to help burn fat.
If you’re looking for a supplement with safe ingredients, Burn Lab Pro is a great choice. Because it’s vegan and allergen-free, you can be sure you’ll get a quality product that shouldn’t cause any adverse side effects.
>> Check the best price for Burn Lab Pro.
Transparent Labs Fat Burner is best for athletes and fitness enthusiasts looking for an edge in their weight-loss efforts . As a part of Transparent Labs’ Physique Series, this product is designed to help you burn fat and increase lean muscle.
Ingredients such as caffeine and synephrine can boost energy and stimulate the metabolism to break down fat cells faster. The formula also features compounds to lift your mood, such as 5-HTP [12].
Who Should Avoid This Supplement?
Transparent Labs Fat Burner contains 240 mg of caffeine anhydrous per serving, so it is not recommended for those sensitive to stimulants. The product is also unsuitable for pregnant or breastfeeding women or those under 18.
Potential Side Effects.
Transparent Labs ensures safety and quality by disclosing its ingredients and dosages on its website. They also follow cGMP guidelines and use third-party testing to verify the purity and potency of their products.
Transparent Labs maximizes the three most important components of fat loss: increasing metabolism, eliminating cravings, and cultivating a weight loss lifestyle.
Ingredients like Forslean, 5-HTP, white willow, and synephrine give your body the tools to break down stored fat and minimize the temptation to indulge in unhealthy foods.
Price - 4.3/5.
A bottle of Transparent Labs Fat Burner contains a 30-day supply and costs $49.00. Shipping is free for orders over $99, but there are no additional savings when purchasing multiple bottles of this supplement.
Customer Ratings - 4.5/5.
Customers give Transparent Labs Fat Burner 4.5 out of five stars for potency and effectiveness. Some complaints mention the high caffeine content of the product. Still, most customers are satisfied with the results the product has helped them achieve.
Our Verdict.
Transparent Labs Fat Burner is an excellent option for physique and weight loss success. The ingredients are all clinically dosed, so you should be getting an effective product.
Clinical trials show that 5-HTP supplementation can decrease food intake and stimulate weight loss in obese patients [14].
>> Check the best price for Transparent Labs Fat Burner.
When it comes to choosing the best weight loss pills, there are a few key things to keep in mind.
The Reputation of the Company.
It’s important to find a weight loss pill that comes from a reputable source. You want to be confident that the company has your best interests in mind and that they’re providing a safe and effective product.
Do your research before buying anything to be confident in the manufacturing process and customer service. Read reviews, compare prices, and look for any red flags about the company before making your purchase.
High-Quality Ingredients.
In terms of weight loss pills, the ingredients are everything.
You want to ensure that the product you’re taking is backed by science and uses ingredients proven to aid weight loss.
There are a lot of “fad” ingredients that might sound like a magic bullet, but if there’s no scientific evidence to back up their claims, they’re probably not worth your time or money.
Stick to ingredients that have been proven effective in clinical studies, such as green tea extract, garcinia cambogia, and glucomannan. Each of these has been shown to help with weight loss, either by decreasing appetite or increasing metabolism.
Side Effects and Safety.
When weight loss is the goal, safety is always a top priority.
You want to ensure that the product you’re taking is safe for you to use and that it won’t interact badly with any other medications you might be taking.
Not all weight loss supplements feature the same components, so not all will have the same side effects. Therefore, you must research the ingredients in a product before taking it to ensure that you won’t have any adverse reactions.
Weight loss pills can be expensive, so you want to ensure that you’re getting your money’s worth.
Check for discounts and coupons before you buy. Many companies offer special promotions and discount codes to save money on your purchase.
You should also remember that the cheaper option isn’t always the best choice. In some cases, you might be better off spending a little extra on higher quality and more effective products.
Product Effectiveness.
Speaking of effectiveness, you want to be sure that the weight loss pill you’re taking will help you lose weight.
To do this, look at clinical studies on the ingredients in the product. These studies will show you how effective the ingredients are for weight loss and whether or not they’re worth taking.
Daily Dosage.
It’s important to consider how much a product you’ll need to take to see results.
Some weight loss pills need to be taken multiple times per day to be effective, while others only need to be taken once.
Single capsule doses can be more convenient than taking four or six daily pills. However, keep in mind your daily schedule and whether or not you’ll be able to remember to take your pills multiple times to know what’s right for you.
Money-Back Guarantee.
Companies that offer a money-back guarantee take precedence when considering the top picks for weight loss pills. This guarantee shows that the company is confident in its product and willing to put its money where its mouth is.
Refund Policies.
Even if a company doesn’t offer a money-back guarantee, they may sometimes accept returns if you change your mind about a product. Often if you return an unopened, unused bottle, you can get your money back.
It’s important to check a company’s refund policy before buying to know your options if you’re not satisfied with the product.
>> Check the best price for PhenQ.
There’s no magic pill that will help you lose weight overnight. In order to see results, you need to be willing to put in the work.
Balanced Diet.
A balanced diet can help you lose weight and keep it off. Healthy foods, such as fruits, vegetables, whole grains, and lean protein, are fundamental in helping you reach your weight loss goals.
You should also limit your intake of processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats. Creating a caloric deficit is essential for weight loss, and a healthy diet is the best way to achieve this.
Regular Exercise.
In addition to eating a healthy diet, you also need to ensure you’re getting enough exercise. Exercise helps build muscle and burn calories, and can help you lose weight in conjunction with a healthy diet.
Get Enough Sleep.
Studies show a healthy sleep schedule is associated with greater weight loss and a lower BMI [15]. Getting enough sleep helps to regulate hormones that control hunger and can help you make better food choices throughout the day.
Stress Management.
Cortisol, a by-product of stress, can lead to weight gain [16]. When you’re stressed, your body goes into “fight or flight” mode, and cortisol levels increase. This can cause you to crave unhealthy foods and make it harder to lose weight.
There are a few key ingredients that are found in most weight loss pills. These ingredients have been clinically proven to help with weight loss and are generally safe for most people.
Caffeine.
Caffeine is a stimulant that can help to increase energy levels, suppress appetite, and boost metabolism. It’s found in coffee, tea, and energy drinks and can also be taken in pill form.
L-Tyrosine.
L-tyrosine is an amino acid that’s often found in weight loss pills. It increases energy levels and improves mental focus. L-tyrosine can also help reduce stress levels, leading to weight gain [17].
L-Theanine.
L-theanine is an amino acid that’s found in green tea. It can help to improve mental focus and reduce stress levels by increasing levels of serotonin and dopamine in the brain [18].
Green Tea Extract.
Green tea extract is a source of caffeine and antioxidants. It can help to boost metabolism and increase fat burning. Green tea extract contains catechins, which are a type of polyphenol that can help to promote weight loss [4].
Green Coffee Bean.
Green coffee bean is a source of caffeine and chlorogenic acids (CLA). It can help to boost metabolism and reduce the absorption of fat.
Cayenne Pepper.
Cayenne pepper is a source of capsaicin, a compound that can help to boost metabolism and reduce appetite through its thermogenic properties [2].
Black Pepper Extract.
Black pepper extract is a source of piperine, a compound that can help to boost metabolism while reducing the absorption of fat.
Most formulas include a combination of these potent ingredients, which works in synergy to help you burn fat, increase energy levels, and suppress your appetite.
Should I Try Weight Loss Pills?
If you’re struggling to lose weight, diet pills may be an option for you. While they’re not intended to help you shed pounds overnight, they can give you the boost you need to reach your weight loss goals.
For example, if belly fat is your biggest issue, you may want to consider a fat burner like Trimtone or PhenQ that contain thermogenic ingredients like caffeine and Capsimax.
Alternatively, if you’re struggling with cravings and overeating, a hunger suppressant like Leanbean , which contains glucomannan, may be a better option for you.
Weight loss pills can provide additional benefits such as:.
Enhanced mood: To help you stay motivated and focused on your goals.
More energy: To provide the boost you need to work out.
Weight Loss Pills vs. Prescription Medications.
Natural weight loss pills do not have the harmful side effects of prescription medications. In addition, natural weight loss pills are not associated with the risk of addiction and withdrawal that some prescription medications are.
FAQ.
Now that you know more about our top picks for weight loss pills, let’s look at some of the most common questions people have about these products.
PhenQ is the most effective diet pill overall. It offers a wide range of benefits to help you lose weight, including an ability to suppress appetite while also blocking fat production. Plus, PhenQ is made with all-natural ingredients and does not have any harmful side effects.
Natural weight loss pills are not FDA-approved. However, products like Leanbean and Burn Lab Pro are manufactured in facilities registered with the FDA, so you can be sure you’re getting a high-quality product.
There are some risks associated with taking weight loss pills, especially if you have a medical condition or take other medications. Most side effects are a result of the caffeine content of the product. If you’re sensitive to stimulants, try a product without caffeine, such as Burn Lab Pro .
When you consider all of these factors, PhenQ is the clear winner. It’s an effective product that’s made with all-natural ingredients and does not have any harmful side effects. Plus, it’s affordable and comes with a money-back guarantee.
It can be difficult to lose weight, but it doesn’t have to be impossible. Weight loss pills can do some of the heavy lifting when you are eager to make a change.
When used in conjunction with healthy lifestyle choices, PhenQ offers effective and comprehensive support for your weight loss goals. It suppresses your appetite, blocks fat production, and provides the energy you need to make it through your day.
If you’re looking for something a bit milder, Leanbean provides many of the same benefits without intense stimulants.
No matter which weight loss pill you choose, remember that the best way to lose weight and keep it off is to combine healthy lifestyle choices with a supplement that works for you.
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**visceral fat**

**1.** <https://www.webmd.com/diet/what-is-visceral-fat>

When to See Your Doctor.
Visceral fat is fat that wraps around your abdominal organs deep inside your body. You can’t always feel it or see it. In fact, you may have a pretty flat tummy and still have visceral fat. That’s sometimes called TOFI, or "thin outside fat inside.".
Only an expensive scan can measure how much belly fat is hiding in you, but your doctor won’t order a test just for that reason.
Too much of any body fat is bad for your health. But compared to the fat that lies just underneath your skin (subcutaneous fat), the visceral kind is more likely to raise your risk for serious medical issues. Heart disease , Alzheimer’s, type 2 diabetes , stroke , and high cholesterol are some of the conditions that are strongly linked to too much fat in your trunk.
Researchers suspect that visceral fat makes more of certain proteins that inflame your body’s tissues and organs and narrow your blood vessels. That can make your blood pressure go up and cause other problems.
There’s no way to know where and how much visceral fat is hidden in your body without expensive imaging tests . You’re unlikely to ever need those.
Waist size. This is an easy way to get a rough estimate. Wrap a tape measure around your waist over your belly button. (Don’t suck in your stomach !) In women, 35 inches or more is a sign of visceral fat. In men, it’s 40 inches. Warning: This is a crude tool, especially if you’re a very big person. And if you’re of Asian descent, the benchmark for visceral fat drops to 31.5 inches for women and 35.5 inches for men.
BMI. Body mass index is a formula for how much you weigh relative to your height. Online calculators can do the math for you. A BMI of 30 or higher is overweight . That could be a sign of visceral fat. If you’re Asian American, a BMI of 23 or higher could be a concern.
Hip-to-waist ratio. You divide your waist size by your hip size. Some doctors think the number gives a good idea of your risk for visceral fat. But studies suggest it may be no better than a simple waist measurement.
Body shape. Look in the mirror. Where your body tends to store fat can offer you a clue. If you’re an apple -- a big trunk and slimmer legs -- it often can mean more visceral fat. This body shape is more common among men. Women are more likely to be pears -- with bigger hips and thighs. Research shows that upper body fat is more dangerous to your health, which might be one reason why women usually live longer than men.
Imaging tests. These pricey scans are the only way to check the exact amount of visceral fat you have. If your doctor orders a CT scan or an MRI test to check for another medical condition, they can also get a detailed picture of your visceral fat.
You don’t need to follow a special diet or do special exercises to banish belly fat . Just follow the usual strategy for getting trimmer and fitter.
Keep moving. Exercise can help you shed both visceral fat and subcutaneous fat you can see and pinch. And if you lose weight through diet, exercise can help you keep it off. Every bit helps. Go for walks after dinner. Take the stairs. Bike instead of drive. Aim for at least 30 minutes of this kind of moderate aerobic exercise very day.
It’s also important to keep and to build your muscles. Work out with weights, do resistance training like push-ups and sit-ups, or practice yoga .
Eat smart. Studies suggest that more calcium and vitamin D in your body may be linked to less visceral fat. So load up on leafy greens like collards and spinach. Tofu and sardines are also good picks, as are dairy foods like yogurt, cheese , and milk.
On the other hand, certain foods seem to encourage belly fat. One of them is trans fats , which are found in meats and dairy as well as in deep-fried or processed foods. Also bad are sodas, candy, processed baked goods, and other foods sweetened with fructose. So read the labels and avoid ingredients like “partially hydrogenated oils” or “high-fructose corn syrup.” And follow the usual rules for healthy eating , with lots of fresh produce, whole grains like wheat breads and oatmeal , and lean protein like skinless chicken, fish , eggs , beans, and low-fat dairy.
If you have any of the signs of visceral fat, talk to your doctor about your health. You can learn if you’re at higher risk for type 2 diabetes and other diseases.
Your doctor also can check your blood pressure, heart rate , and other vital signs. They also may test samples of your blood or pee to get a full picture of your condition.
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**2.** <https://www.health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it>

Breakthrough in brain stimulation offers cautious hope for depression.
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June 25, 2019.
Visceral fat more of a health concern than subcutaneous fat.
Though the term might sound dated, "middle-age spread" is a greater concern than ever. As people go through their middle years, their proportion of fat to body weight tends to increase — more so in women than men. Extra pounds tend to park themselves around the midsection.
At one time, we might have accepted these changes as an inevitable fact of aging. But we've now been put on notice that as our waistlines grow, so do our health risks. Abdominal, or visceral, fat is of particular concern because it's a key player in a variety of health problems — much more so than subcutaneous fat, the kind you can grasp with your hand. Visceral fat, on the other hand, lies out of reach, deep within the abdominal cavity, where it pads the spaces between our abdominal organs.
Visceral fat has been linked to metabolic disturbances and increased risk for cardiovascular disease and type 2 diabetes. In women, it is also associated with breast cancer and the need for gallbladder surgery.
Are you pear-shaped or apple-shaped?
Fat accumulated in the lower body (the pear shape) is subcutaneous, while fat in the abdominal area (the apple shape) is largely visceral. Where fat ends up is influenced by several factors, including heredity and hormones. As the evidence against abdominal fat mounts, researchers and clinicians are trying to measure it, correlate it with health risks, and monitor changes that occur with age and overall weight gain or loss.
The fat you can pinch is subcutaneous fat. The fat inside your belly (the visceral fat) can be seen and measured, but not pinched.
How do you lose belly fat? No surprise: exercise and diet. Staying physically active throughout the day as well as scheduling time for structured exercise may be even more important than diet.
Research suggests that fat cells — particularly abdominal fat cells — are biologically active. It's appropriate to think of fat as an endocrine organ or gland, producing hormones and other substances that can profoundly affect our health. Although scientists are still deciphering the roles of individual hormones, it's becoming clear that excess body fat, especially abdominal fat, disrupts the normal balance and functioning of these hormones.
Scientists are also learning that visceral fat pumps out immune system chemicals called cytokines — for example, tumor necrosis factor and interleukin-6 — that can increase the risk of cardiovascular disease. These and other biochemicals are thought to have deleterious effects on cells' sensitivity to insulin, blood pressure, and blood clotting.
One reason excess visceral fat is so harmful could be its location near the portal vein, which carries blood from the intestinal area to the liver. Substances released by visceral fat, including free fatty acids, enter the portal vein and travel to the liver, where they can influence the production of blood lipids. Visceral fat is directly linked with higher total cholesterol and LDL (bad) cholesterol, lower HDL (good) cholesterol, and insulin resistance.
Insulin resistance means that your body's muscle and liver cells don't respond adequately to normal levels of insulin, the pancreatic hormone that carries glucose into the body's cells. Glucose levels in the blood rise, heightening the risk for diabetes. Now for the good news.
So what can we do about tubby tummies? A lot, it turns out. The starting point for bringing weight under control, in general, and combating abdominal fat, in particular, is regular moderate-intensity physical activity — at least 30 minutes per day (and perhaps up to 60 minutes per day) to control weight and lose belly fat. Strength training (exercising with weights) may also help fight abdominal fat. Spot exercising, such as doing sit-ups, can tighten abdominal muscles, but it won't get at visceral fat.
Diet is also important. Pay attention to portion size, and emphasize complex carbohydrates (fruits, vegetables, and whole grains) and lean protein over simple carbohydrates such as white bread, refined-grain pasta, and sugary drinks. Replacing saturated fats and trans fats with polyunsaturated fats can also help.
Scientists hope to develop drug treatments that target abdominal fat. For now, experts stress that lifestyle, especially exercise, is the very best way to fight visceral fat.
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**3.** <https://www.healthline.com/health/visceral-fat>

Outlook.
Visceral fat is a type of body fat that’s stored within the abdominal cavity. It’s located near several vital organs, including the:.
It can also build up in the arteries.
Visceral fat is sometimes referred to as “active fat” because it can actively increase the risk of serious health problems.
If you have some belly fat, that’s not necessarily visceral fat. Belly fat can also be subcutaneous fat , which is stored just under the skin.
Subcutaneous fat, the type of fat also found in the arms and legs, is easier to see. Visceral fat is actually inside the abdominal cavity and isn’t easily seen.
How visceral fat is diagnosed.
The only way to definitively diagnose visceral fat is with a CT or MRI scan . However, these are expensive and time-consuming procedures.
Instead, healthcare providers will typically use general guidelines to evaluate your visceral fat and the health risks it poses to your body.
about 10 percent.
of all body fat is visceral fat. If you calculate your total body fat and then take 10 percent of it, you can estimate the amount of visceral fat.
An easy way to determine if you may be at risk for related health problems is to measure your waist.
According to the Harvard T.H. Chan School of Public Health , if you’re a woman and your waist measures 35 inches or larger, you’re at risk for health problems from visceral fat.
How it’s measured.
However, you can figure out your waist-to-hip ratio (WHR) at home or ask your healthcare provider to determine this measurement for you.
Stand up straight.
Find, and measure, the smallest part of your waist. It’s usually right above the belly button. This measurement is your waist circumference.
Find, and measure, the widest part of your hips or buttocks. This measurement is your hip circumference.
2001 study.
Waist-height ratio (WHtR).
, the WHtR is particularly useful for people with type 1 diabetes .
Researchers found that having a high WHtR was one of the best indicators that a person with type 1 diabetes also has a high percentage of visceral fat.
It was considered a more reliable metric than the WHR, body mass index (BMI) , and a body shape index (ABSI).
To calculate your WHtR at home, simply divide your waist circumference by your height. You can measure in either inches or in centimeters, as long as you measure your waist and height with the same units.
Research.
Visceral fat can also raise blood pressure quickly.
Most importantly, carrying excess visceral fat increases your risk for developing several serious and life threatening medical conditions. These include:.
other lifestyle changes that help maintain a moderate weight.
When possible, exercise for at least 30 minutes every day . Make sure to include both cardio exercises and strength training.
Strength training will slowly burn more calories over time as your muscles get stronger and consume more energy.
It’s also important to follow a healthy, well-balanced diet .
As often as possible, eliminate processed , high sugar foods from your diet and include more lean proteins , vegetables , and complex carbs , such as sweet potatoes , beans , and lentils .
The stress hormone cortisol can actually increase how much visceral fat your body stores, so reducing the stress in your life will help make it easier to lose the fat.
When to see your doctor.
If you’re a man and your waist is more than 40 inches , or if you’re a woman and your waist is more than 35 inches, make an appointment to see your doctor as soon as possible to discuss potential health risks and lifestyle changes.
Your doctor can use tests such as blood tests or an electrocardiogram (ECG or EKG) to check for health risks associated with high incidence of visceral fat.
Outlook.
Visceral fat isn’t visible, so we don’t always know it’s there. That makes it that much more dangerous. On the other hand, it’s usually preventable.
Maintaining a healthy, active, low-stress lifestyle can help prevent visceral fat from building up in excess in the abdominal cavity.
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health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it.
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hsph.harvard.edu/obesity-prevention-source/obesity-definition/abdominal-obesity.
Visceral fat, or belly fat, is extremely bad for your health and linked to chronic disease. Here are strategies to lose visceral fat and improve your….
By Franziska Spritzler and Katey Davidson, MScFN, RD, CPT.
Excess belly fat is very unhealthy. It can drive diseases like heart disease and type 2 diabetes. Here are 11 things that can make you gain belly fat.
By Grant Tinsley, Ph.D., CSCS,\*D, CISSN.
Focusing on body fat percentage instead of weight is much more useful to track fat loss progress. Here are the 10 best ways to measure your body fat….
Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS.
There are several different types of fat in our bodies. The main types of fat cells are white, brown, and beige cells, and they all play different….
By Adda Bjarnadottir, MS, RDN (Ice).
There are many natural weight loss methods that science has shown to be effective. Here are 29 easy ways to lose weight naturally.
Weight Loss Surgery: New Guidelines Are Released, Expanding Eligibility.
The first new guidelines on weight-loss surgery in 30 years expand eligibility for the procedures by lowering the body-mass index thresholds.
New Guidelines Recommend These Weight Loss Drugs For People With Obesity.
Excess water weight can have negative effects on your appearance and quality of life. Here are 13 easy ways to lose water weight quickly.
READ MORE.
Why Experts Are Now Recommending Weight Loss Medications in Addition to Lifestyle Changes.
Weight loss experts have released guidelines recommending medications along with lifestyle changes such as diet and exercise to treat obesity.
Eating Earlier Can Reduce Hunger, Cravings, and Weight Gain.
A new study suggests that eating earlier in the day has a number of health benefits, including reducing hunger and weight gain.
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**4.** <https://www.healthdirect.gov.au/how-to-reduce-visceral-body-fat-hidden-fat>

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Visceral body fat, also known as 'hidden' fat, is fat stored deep inside the belly, wrapped around the organs, including the liver and intestines. It makes up about one tenth of all the fat stored in the body.
Most fat is stored underneath the skin and is known as subcutaneous fat. That is the fat that is visible and that you can feel. The rest of the fat in the body is hidden. That is visceral fat.
Visceral fat makes the belly stick out or gives a person an 'apple' shape. It also produces chemicals and hormones that can be toxic to the body.
Visceral fat produces more toxic substances than subcutaneous fat, so it is more dangerous. Even in thin people, having visceral fat carries a range of health risks.
What causes visceral fat?
Fat gets stored when you consume too many calories and have too little physical activity. Some people tend to store fat around their belly rather than on the hips because of their genes.
In women, getting older can change where the body stores fat. Especially after menopause, women’s muscle mass gets less and their fat increases. As women age, they are more likely to develop more visceral fat in the belly, even if they do not put on weight.
In men, age and genetics also play a role in developing visceral fat. Drinking alcohol can also lead to more belly fat in men.
Having visceral fat in the belly is a sign of metabolic syndrome , a collection of disorders that include high blood pressure , obesity, high cholesterol and insulin resistance. Together, these increase the risk of stroke, heart disease and type 2 diabetes .
osteoarthritis.
ARE YOU AT RISK? — Are you at risk of type 2 diabetes, heart disease or kidney disease? Use the Risk Checker to find out.
The best way to tell if you have visceral fat is to measure your waist. The waist circumference is a good indicator of how much fat is deep inside the belly, around the organs. For women, your risk of chronic disease is increased if the waist circumference is 80 cm or more and for men 94cm or more. These measurements don’t apply to children or pregnant women. If you think your waist measurement may be too large, talk to your doctor.
Measuring the Body Mass Index (BMI) may also tell whether you are carrying too much fat.
NEED TO LOSE WEIGHT? — Use the BMI Calculator to find out if your weight and waist size are in a healthy range.
The best way to reduce visceral fat is through losing weight and diet . Visceral fat responds better to diet and exercise than fat on the hips. Regular exercise can also stop visceral fat from coming back.
Another option is medication, but studies show this is not as effective in reducing visceral fat as exercise. Liposuction does not work to remove visceral fat.
Even though you cannot change your genetics, hormones or your age, you can reduce your risk of disease by:.
For more information and support, try these resources:.
Get Healthy is a free telephone service that is available in NSW, Queensland and South Australia that is staffed by qualified health coaches who supports adults to make lifestyle changes regarding healthy eating, physical activity and reaching and/or maintaining a healthy weight.
Get Healthy South Australia.
LiveLighter is another program that aims to encourage Australians to make changes to what they eat and drink, and to be more active.
Live Lighter (Facts about toxic fat), Endocrinology and Metabolism Clinics (Visceral fat), Adipocyte (Metabolic alterations following visceral fat removal and expansion), Australian Government Department of Health (Body mass index (BMI) and waist measurement).
LiveLighter - Facts About Toxic Fat.
Fat is stored throughout the body and that it produces chemicals and hormones which can be toxic to the body. View our facts on toxic fate to find out more.
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**5.** <https://my.clevelandclinic.org/health/diseases/24147-visceral-fat>

Visceral fat is belly fat found deep within your abdominal cavity. It surrounds important organs, including your stomach, liver and intestines. It’s different than subcutaneous fat, which is fat just below your skin. Visceral fat is actually more dangerous to your health. Diet and exercise are the best ways to prevent the buildup of visceral fat.
What is visceral fat?
Visceral fat is a type of fat that lies deep within your abdominal walls and surrounds your organs. Some levels of visceral fat are healthy and help protect your organs. However, too much visceral fat can be dangerous for your health. Visceral fat is sometimes called “active fat” because it plays an active role in how your body functions. Too much visceral fat can lead to serious health issues such as diabetes, heart disease and stroke.
Subcutaneous fat is fat that’s stored just beneath your skin. It’s the kind that you can pinch between your fingers. Visceral fat is different. Visceral fat is behind your abdominal muscles and can’t be seen. It surrounds your stomach, liver, intestines and other organs. Visceral fat and subcutaneous fat are both types of belly fat.
What are the symptoms of visceral fat?
A growing belly is the most obvious sign of visceral fat, but that can indicate subcutaneous fat as well. Some studies show if you have a potbelly — or are more “apple-shaped” than “pear-shaped” — you may have more visceral fat.
What causes visceral fat?
Genetic and environmental factors determine the amount of visceral fat you collect. Genetics determine your body shape and how your body stores visceral fat.
But environmental factors such as diet and exercise play a key role as well. A poor diet with high intake of fatty foods and carbohydrates (sugars) and an inactive lifestyle provide the building blocks for an increase in visceral fat.
However, stress is a factor too. Stress activates a hormone in your body called cortisol . More cortisol activates your body’s “fight-or-flight” response, which triggers the storage of more visceral fat.
Healthcare providers have specific guidelines they use to measure body fat . Visceral fat makes up about 10% of your body fat. You can figure out your visceral fat level by calculating your total body fat percentage and then taking off 10%. If your body fat percentage is higher than recommended, then your visceral fat range will be, too.
Waist measurement: Wrap a tape measure around your waist just above your hip bones. For women, 35 inches or more means you’re at risk for health problems stemming from visceral fat. For men, the number is 40 inches or more.
Waist-to-hip ratio: Measure your waist size and your hip size (wrap a tape measure around the widest part of your hips). Divide your waist size by your hip size. A waist-to-hip ratio higher than 0.85 in women and 0.90 in men indicates abdominal obesity.
Body mass index (BMI) : BMI measures your body fat based on your height and weight. A BMI of 30 or more (in men and women) indicates you may be overweight and could have a higher level of visceral fat.
Waist-height ratio: Divide your waist size by your height. A healthy ratio is no greater than 0.5 (in men and women). Some healthcare providers prefer the waist-height ratio. Other methods aren’t as accurate at distinguishing between visceral and subcutaneous fat.
Management and Treatment.
The best way to lose visceral fat is by maintaining a healthy lifestyle. You can lower your visceral fat level by focusing on the same diet and exercise plans you would to help you lose weight and lower your total body fat. Ways to reduce visceral fat include:.
Exercise: You should try to exercise for at least 30 minutes a day. This can include cardio or strength training. A popular workout is high-intensity interval training (HIIT) . HIIT workouts cycle between bursts of intense effort and quick recovery. HIIT offers resistance and aerobic training, which can help you burn fat faster.
Eat a healthy diet: A healthy diet includes lean proteins, whole grains, low-fat dairy, fruits and vegetables. Try to limit trans fats, refined sugars, sodium and processed foods. Low-carb diets such as the ketogenic (keto) diet can help reduce visceral fat by training your body to burn fat as fuel rather than carbs.
Intermittent fasting : Intermittent fasting is a weight loss strategy that involves going through periods of eating and not eating. It may help reduce your levels of visceral fat.
Good sleep hygiene: Get a good night’s sleep. Not getting enough sleep may increase your risk of additional visceral fat. You should try to get at least seven hours of sleep a night.
Reduce your stress : Stress activates a hormone in your body called cortisol. More cortisol activates your body’s “fight-or-flight” response, which triggers the storage of more visceral fat. Try yoga or mediation to lower your stress level.
When should I see my healthcare provider?
It’s important to see your healthcare provider regularly. They can track your body fat percentage, including your visceral fat. If you measure your body fat at home and your measurements are higher than recommended, make an appointment to see your provider. They can talk to you about your health risks and recommend a diet and exercise plan that’ll work for you.
How much visceral fat is normal?
The normal visceral fat range should be about 10% of your body fat. You can figure out your visceral fat level by calculating your total body fat percentage and then taking off 10%. If your body fat percentage is higher than recommended, then your visceral fat range will be too.
Is visceral fat hard to lose?
Visceral fat is actually easier to lose than subcutaneous fat. This is because it metabolizes quicker and your body can get rid of it as sweat or pee. If you start regularly exercising and eating a healthy diet, you should start to see results in two to three months.
The best way to lose visceral fat is by maintaining a healthy lifestyle. You can lower your visceral fat level by focusing on the same diet and exercise plans you would to help you lose weight and lower your total body fat. Ways to reduce visceral fat include exercising, eating a healthy diet, intermittent fasting, getting more sleep, reducing stress and limiting alcohol.
You should try to limit trans fats , refined sugars, sodium and processed foods. Trans fats are artificial fats that can increase your storage of visceral fat. Baked goods, processed foods, fried foods and some dairy contain trans fats. You should also limit soda, candy and other foods sweetened with partially hydrogenated oils or high-fructose corn syrup.
Yes, too much visceral fat can limit visualization of your organs during intra-abdominal surgery. This can limit the possibility to complete surgeries on a minimally invasive approach.
A note from Cleveland Clinic.
You might not be able to see visceral fat, but that doesn’t mean you shouldn’t worry about it. Too much visceral fat can have harmful effects on your health. Fortunately, visceral fat is actually easier to lose than visible subcutaneous fat. By maintaining a healthy diet and keeping up with regular exercise, you should be able to prevent visceral fat from building up in your abdominal cavity. If you suspect you may have too much visceral fat in your belly, talk to your healthcare provider. They can talk to you about your health risks and recommend a diet and exercise plan that’ll work for you.
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American Heart Association. Too much belly fat, even for people with a healthy BMI, raises heart risks. (https://www.heart.org/en/news/2021/04/22/too-much-belly-fat-even-for-people-with-a-healthy-bmi-raises-heart-risks) Accessed 9/13/2022.
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**6.** <https://www.medicalnewstoday.com/articles/320929>

Outlook.
Visceral fat is stored in a person’s abdominal cavity and is also known as ‘active fat’ as it influences how hormones function in the body. An excess of visceral fat can, therefore, have potentially dangerous consequences.
Because visceral fat is in the abdominal cavity, it is close to many vital organs, such as the pancreas, liver, and intestines.
The higher the amount of visceral fat a person stores, the more at risk they are for certain health complications, such as type 2 diabetes and heart disease .
Excess visceral fat can cause serious health problems.
Exercising for a minimum of 30 minutes each day will help to burn visceral fat.
Share on Pinterest.
Imaging scans, such as computed tomography (CT) or magnetic resonance imaging ( MRI ) scans are the most accurate way to determine whether someone has visceral fat.
However, because conducting these scans is both expensive and time-consuming, a doctor is more likely to diagnose visceral fat by asking a person questions about their diet and lifestyle. The doctor will likely also measure the person’s overall body fat to get an idea of what percentage is likely to be visceral fat.
According to Harvard Health, 10 percent of a person’s total body fat will be visceral fat.
Another useful way to determine how much visceral fat a person is carrying is to measure the size of their waist.
A woman whose waist measures 35 inches or more is likely to have excess visceral fat. This might increase her risk of developing some of the health problems linked to visceral fat. The same is true of a man whose waist measures 40 inches or more.
If a doctor uses an MRI scan or body fat analyzer to measure a person’s visceral fat, the result will fall somewhere on a scale between 1 and 59.
Visceral fat levels should be under 13 on this scale. Anything above 13 on this scale means that a person will need to think about making immediate changes to their diet and lifestyle. Making these changes will help reduce the person’s visceral fat levels to a healthier number.
Risks and dangers of carrying visceral fat.
increased insulin resistance.
How to get rid of visceral fat.
The dangers of storing excess visceral fat can be extreme and immediate, so it is essential to make diet and lifestyle changes as soon as possible as losing weight can help a person reduce their levels of visceral fat.
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Exercise is an excellent way to reduce visceral fat. People should include both cardiovascular exercise, which raises a person’s heart rate, and strength training, which improves muscle size, into their routines.
Stress can also play a role in storing excess visceral fat. This is because when someone is stressed, their body releases a hormone called cortisol, which increases how much visceral fat a person’s body stores. Some doctors recommend that people with high levels of visceral fat try to reduce their stress levels.
Relaxation techniques, such as meditation, deep breathing, and other stress management tactics, can be beneficial and help a person lose visceral fat more efficiently.
Diet.
A healthful diet that is low in sugar laden, processed foods will also help a person lose weight and shift excess visceral fat. A healthful diet should include:.
complex carbohydrates , such as sweet potatoes, beans, and whole grains.
When to see a doctor.
A man with a waistline that measures 40 inches or more or a woman whose waistline measures 35 inches or more is likely to have stores of visceral fat.
Men and women who fall into these categories might want to make an appointment with a doctor to have levels of visceral fat measured, discuss potential risks, and get advice on how to make health and lifestyle changes to reduce visceral fat levels.
Outlook.
Visceral fat is fat that we cannot see, so it is not always easy to know whether a person has an excess of it. Because the associated health risks can be severe, it is essential for those who suspect their visceral fat levels are high to seek advice from a health professional.
Usually, it is possible to avoid high levels of visceral fat by leading a healthy and active lifestyle. Those who do store dangerous amounts of visceral fat can reduce their levels by making positive changes to their lifestyle. Changes include eating a nutritious, low-fat diet, increasing the amount of exercise, and lowering stress levels.
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https://www.health.harvard.edu/staying-healthy/abdominal-fat-and-what-to-do-about-it.
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https://www.ncbi.nlm.nih.gov/pubmed/10889795.
Weight loss pills for obesity: New guidelines rank best drugs.
Medically reviewed by Danielle Hildreth, CPT.
Many people dream of having a flat stomach and rock-hard abs. However, fat in the upper pubic area (FUPA) can be difficult to lose. Learn how to get….
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It is not possible to spot-reduce back fat. However, decreasing overall body fat through diet and exercise can reduce back fat and benefit someone’s….
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Subcutaneous fat is the fat that is visible just under the skin. Causes include eating more food than is needed and not exercising enough. It can also….
READ MORE.
Dangerous visceral fat builds up if you don't exercise, can go down if you do.
If you lead a sedentary life you risk building up large amounts of visceral fat in your body. WHAT IS VISCERAL FAT?
Medically reviewed by Daniel Bubnis, M.S., NASM-CPT, NASE Level II-CSS.
Belly fat, or excess fat around the abdomen, has many causes. Learn more about the causes of belly fat, and how best to lose it, here.
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**7.** [https://www.hopkinsmedicine.org/gim/faculty-resources/core\_resources/Patient Handouts/Handouts\_May\_2012/The Skinny on Visceral Fat.pdf](https://www.hopkinsmedicine.org/gim/faculty-resources/core_resources/Patient%20Handouts/Handouts_May_2012/The%20Skinny%20on%20Visceral%20Fat.pdf)

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**8.** <https://www.frontiersin.org/articles/10.3389/fphys.2019.01486/full>

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Sahar Matin 2.
2College of Pharmacy, Marshall B. Ketchum University, Fullerton, CA, United States.
Men have a higher tendency to accumulate abdominal visceral fat compared to pre-menopausal women. The accumulation of abdominal visceral fat in men, which is a strong independent predictor of mortality, is mainly due to the higher dietary fat uptake by their abdominal visceral fat. Since dietary fat is absorbed by the enterocytes and transported to the circulation in the forms of chylomicrons and very low density lipoproteins (VLDLs), it is crucial to understand how these lipoproteins are different between men and women. The chylomicrons in men are generally bigger in size and more in quantity than those in women. During the postprandial state, these chylomicrons congest the lamina propria and the low-pressure lymphatics. In this paper, we propose that this congestion predisposes the chylomicron triglycerides to hydrolysis by lipoprotein lipase (LPL). The liberated fatty acids are then stored by the nearby abdominal visceral adipocytes, leading to the accumulation of abdominal visceral fat. These mechanisms perhaps explain why men, through their bigger and higher production of chylomicrons, are more likely to accumulate abdominal visceral fat than pre-menopausal women. This accumulation eventually leads to belly enlargement, which confers men their apple-shaped body.
The sex differences in body composition have been well established ( Karastergiou et al., 2012 ; Palmer and Clegg, 2015 ). Women have a higher body fat percentage than men, and men have a higher muscle mass percentage than women. As the BMI increases in both sexes, the body fat percentage remains higher in women than men ( Schorr et al., 2018 ). Importantly, the differences between the two sexes are not only in the percentage of total body fat but also in its distribution to the different parts of the body ( Grauer et al., 1984 ).
Body fat can be classified into brown, beige, and white fat ( Harms and Seale, 2013 ). In terms of relative abundance in mitochondria, brown fat is the most abundant and white fat is the least. Unlike brown and beige fat, white fat is not capable of thermogenesis. Note that body fat in adult humans consists of mostly white fat.
Based on its location in the body, white fat can be further subcategorized into subcutaneous, visceral, and ectopic fat. Ectopic fat, which is the least in quantity, is located within the internal organs. Intrahepatocellular fat, intrapancreatic fat, intramyocellular fat, and intracardiomyocellular fat are all considered as ectopic fat. The fat that surrounds the internal organs is generally considered as visceral fat. The epicardial fat and the abdominal visceral fat surround the myocardia and gastrointestinal organs, respectively, and are both considered as visceral fat ( Bertaso et al., 2013 ; Frank et al., 2018 ). Subcutaneous fat, which is more abundant in women ( Karastergiou et al., 2012 ), is located throughout the layer deep to the skin (hypodermis).
As visceral fat in the abdomen accumulates, the belly becomes visibly bigger—a phenomenon that is commonly known as belly fat development. Of note, belly fat consists of not only abdominal visceral fat but also abdominal subcutaneous fat. Although waist circumference correlates strongly with total belly fat, it does not correlate as strongly with abdominal visceral fat ( Grundy et al., 2013 ). Furthermore, the correlation of waist circumference with abdominal visceral fat is weaker in women than in men. Therefore, the inference of the amount of abdominal visceral fat from waist circumference should be made cautiously, especially in women.
This paper focuses specifically on the visceral fat in the abdomen. In order to understand abdominal visceral fat, a closer look at the anatomy of mesenteries and retroperitoneum is warranted (see Figure 1 ). Mesenteries connect the gastrointestinal organs that are located within the abdominal cavity to the wall of the abdominal cavity. Most of the connections are made to the posterior rather than the anterior wall of the abdominal cavity. As such, organs that reside within the posterior wall of the abdominal cavity do not have any mesenteries. These organs are commonly known as retroperitoneal organs. The two retroperitoneal organs depicted in Figure 1 are pancreas and duodenum. The fat that surrounds these retroperitoneal organs is known as retroperitoneal fat. Note that other retroperitoneal organs, such as kidneys, ascending colon, and descending colon, are not shown in Figure 1 .
Figure 1. The storage of dietary triglycerides by abdominal visceral fat. Dietary triglycerides are digested and taken up by the enterocytes that line the intestinal lumen. The enterocytes secrete the dietary triglycerides in the form of VLDLs and chylomicrons to the lamina propria. Within the lamina propria, there are numerous blood capillaries (red/blue) and lymphatic capillaries (green). Due to their smaller size, some of the VLDLs can readily enter the lumen of the blood capillaries. In contrast, chylomicrons that are produced more by males are more likely to be retained in the lamina propria as they attempt to gain access to the lumen of the lymphatics. The higher retention of chylomicrons in the lamina propria predisposes their triglycerides to LPL hydrolysis. The liberated fatty acids, which are the products of LPL hydrolysis, can then be delivered to the abdominal visceral adipocytes that are located within the retroperitoneum and mesenteries. The fat that lies within the retroperitoneum is called retroperitoneal fat, and the fat in the mesenteries is known as intraperitoneal fat. The intraperitoneal fat depots shown here are mesocolonic, lesser omental, greater omental, and mesenteric fat. Note that the liberated fatty acids supply the abdominal visceral adipocytes prior to the subcutaneous adipocytes. VLDL = very low density lipoprotein; LPL = lipoprotein lipase.
In addition to adhering the gastrointestinal organs to their abdominal wall, mesenteries protect numerous nerves, blood vessels, and lymphatic vessels of the gastrointestinal system. Importantly, mesenteries are also capable of storing a significant amount of fat. The greater omentum, lesser omentum, mesentery proper, and mesocolon are examples of mesenteries. As indicated in Figure 1 , the fat that is located within these mesenteries is known as the greater omental fat, lesser omental fat, mesenteric fat, and mesocolonic fat, respectively. The fat in these mesenteries is collectively referred to as intraperitoneal fat.
Both intraperitoneal fat and retroperitoneal fat constitute abdominal visceral fat, which explains why many investigators include retroperitoneal fat when measuring abdominal visceral fat ( Hung et al., 2014 ). There are several reasons to consider the retroperitoneal fat as part of the abdominal visceral fat. First, retroperitoneal fat surrounds retroperitoneal organs. Thus, it should be categorized as visceral instead of ectopic or subcutaneous fat. Second, the lymph fluid of the gastrointestinal tract drains through the smaller lymphatic vessels within the mesenteries before entering the larger lymphatics. The larger lymphatics, such as cisterna chyli, are retroperitoneal. Consequently, the adipocytes that are present in the mesenteries and retroperitoneum receive the same supply of lipid-rich chyle. This chyle will eventually be drained into the systemic blood circulation before supplying the subcutaneous fat. Hence, from the nutrient supply perspective, retroperitoneal fat is more similar to intraperitoneal fat than subcutaneous fat. For further discussions on the anatomy of the gastrointestinal circulation, please refer to our previously published paper ( Nauli and Nauli, 2013 ). Third, unlike subcutaneous fat, both retroperitoneal and intraperitoneal fat increase the risk of metabolic syndrome ( Hung et al., 2014 ). Therefore, it is conceivable that abdominal visceral fat should include both intraperitoneal and retroperitoneal fat.
The fact that abdominal visceral fat is often simply referred to as “visceral fat” can sometimes cause confusion. When the amount of “visceral fat” is measured from the abdominal region, it is arguably more appropriate to label it as abdominal visceral fat instead of “visceral fat.” As mentioned above, visceral fat includes not only the abdominal visceral fat but also the fat depots that surround other non-abdominal organs, such as the epicardial fat. Figure 2 shows how different types of body fat relate to abdominal visceral fat.
Figure 2. Types of body fat in relation to abdominal visceral fat. Body fat can be categorized into brown, beige, and white fat. Based on its location, white fat can be further categorized into ectopic, subcutaneous, and visceral fat. Some of the examples of ectopic fat are intrahepatocellular, intrapancreatic, intramyocellular, and intracardiomyocellular fat. Subcutaneous fat includes abdominal, femoral, and gluteal subcutaneous fat. Visceral fat includes epicardial, retroperitoneal, and intraperitoneal fat. The intraperitoneal fat can be further subcategorized into mesocolonic, lesser omental, greater omental, and mesenteric fat. Abdominal visceral fat includes both retroperitoneal and intraperitoneal fat (bold/blue).
Due to their tendency of accumulating abdominal visceral fat ( Grauer et al., 1984 ), men are more likely to develop an apple-shaped body. The excessive accumulation of abdominal visceral fat is also known as android obesity. In contrast, the pear-shaped is often ascribed to pre-menopausal women because of their tendency of accumulating subcutaneous fat in the thigh (femoral) and buttock (gluteal) regions ( Karastergiou et al., 2012 ). The obesity resulted from the predominant subcutaneous fat accumulation is also known as gynoid obesity.
A common misconception is that beer consumption can specifically lead to belly fat accumulation. This misconception gave rise to the term “beer belly.” Studies have shown that beer consumption does not specifically increase the belly size but rather increases the overall body weight ( Schutze et al., 2009 ). Therefore, it is unlikely that beer consumption specifically increases the abdominal visceral fat or is particularly responsible for android obesity.
Although the abdominal subcutaneous fat and the intrahepatocellular fat are associated with a higher risk of mortality in men, only the abdominal visceral fat is a strong independent predictor of mortality in men ( Kuk et al., 2006 ). The association of abdominal visceral fat with mortality is not unique to men as abdominal visceral fat is also a strong predictor of mortality in obese women ( Koster et al., 2015 ). Consequently, it is important to understand the pathogenesis of abdominal visceral fat and its association with metabolic complications.
Obesity can impede the functions of microvasculature. Studies in male hamsters have revealed that android obesity is associated not only with insulin resistance but also a diminution of capillary density and an increase in macromolecular permeability ( Costa et al., 2011 ). This microvascular dysfunction may eventually lead to the development of hypertension ( Covassin et al., 2018 ), which is one of the criteria of metabolic syndrome. Interestingly, the male hamsters that were subjected to the high-fat diet in these studies accumulated fat almost exclusively in the abdominal visceral region with minimal fat accumulation in the subcutaneous region. This important observation suggests that the high intake of dietary fat in men promotes fat accumulation that is rather specific to the abdominal visceral depot. The increase in vascular permeability in the android obesity described above ( Costa et al., 2011 ) also suggests that fat accumulation in the abdominal visceral depot is caused by the dysregulation of the vascular endothelial cells. In this regard, the endothelial cells that line the affected vasculatures may be a key contributor in the development of android obesity as suggested in a recent proposed two-way communication hypothesis of vascular dysfunction in obesity ( Graupera and Claret, 2018 ).
We have previously described how android obesity may lead to insulin resistance ( Nauli, 2012 ). As the abdominal visceral fat accumulates, macrophages infiltration increases ( Xu et al., 2003 ). The infiltrating macrophages are known to release inflammatory cytokines. These cytokines, which include TNFα, are capable of causing the surrounding abdominal visceral adipocytes to become insulin resistant and liberate their fatty acids ( Samuel and Shulman, 2016 ). This flux of fatty acids is detrimental to the liver and pancreas ( Matsuzawa et al., 1995 ). Note that the flux of fatty acids to the liver also occurs after a bolus feeding of triglycerides. Bolus feeding of fat has been shown to increase unesterified fatty acid concentration in the portal vein ( Kristensen et al., 2006 ). Therefore, it is possible that both the abdominal visceral fat and the frequent consumption of high-fat diet contribute to the pathogenesis of metabolic syndrome through the increased flux of fatty acids to the portal venous circulation.
Perhaps it is worthwhile to examine the results of the omentectomy studies. One of the earliest omentectomy studies shows that patients who received omentectomy and adjustable gastric banding had a better metabolic profile than those with the adjustable gastric banding alone ( Thorne et al., 2002 ). The patients with omentectomy and adjustable gastric banding lost more weight than the patients with adjustable gastric banding alone, albeit not significantly. Studies by Dillard et al. (2013) similarly show that omentectomy improved the metabolic profile without causing significantly more weight loss than the control group. On the contrary, studies by Fabbrini et al. (2010) show that omentectomy did not improve the metabolic profile when the amount of weight loss was matched between the omentectomy and the control groups. Several other studies did not also show any significant metabolic improvements in the omentectomy group ( Csendes et al., 2009 ; Sdralis et al., 2013 ; Andersson et al., 2017 ). The conflicting results reported from these omentectomy studies could be due to several factors: the limited number of the participants, the pre-existing metabolic conditions of the participants, the procedures during surgery, the time intervals selected to assess the metabolic outcome of the omentectomy, and/or the participants’ dietary lifestyle.
Based on the discussion above, it can be concluded that more studies are needed to elucidate the exact roles of the abdominal visceral fat in the pathogenesis of metabolic syndrome. It is clear, however, that abdominal visceral fat is associated with many detrimental effects ( Booth et al., 2014 ; Santosa and Jensen, 2015 ).
The underlying mechanisms of why men are more likely than pre-menopausal women to accumulate abdominal visceral fat remain unclear. Evidence indicates that once dietary fat is absorbed by the gut, the intestinal lipoproteins produced between males and females are not identical ( Vahouny et al., 1980 ). How these intestinal lipoproteins may contribute to the sex differences in the regional body fat distribution will be discussed below.
Accumulation of fat is the result of a higher calorie intake relative to the energy expenditure. From the adipocyte perspective, this corresponds to more uptake of nutrients than the breakdown of fat by adipocytes. The fat catabolism of adipocytes, also known as lipolysis, is mediated partly by epinephrine. Upon binding of epinephrine to β adrenergic receptors, lipolysis is stimulated. On the contrary, the binding of epinephrine to α2A adrenergic receptors results in the inhibition of lipolysis ( Richelsen, 1986 ). In essence, β receptors are lipolytic and α2A receptors are anti-lipolytic.
Studies have shown that estrogen reduces the lipolysis in the gluteal subcutaneous adipocytes ( Gavin et al., 2013 ). The reduced lipolysis in the gluteal subcutaneous adipocytes in women is likely due to estrogen receptor α-mediated increase in α2A receptors. The estrogen-stimulated increase of these anti-lipolytic receptors in the subcutaneous adipocytes, but not in the abdominal visceral adipocytes, may contribute to the more pronounced lipolysis in the abdominal visceral adipocytes relative to the subcutaneous adipocytes in women ( Pedersen et al., 2004 ).
The net fat accumulation in a particular fat depot, however, depends not only on its adipocyte lipolysis but also on the nutrient uptake of its adipocytes as well as its total number of adipocytes. Since estrogen is capable of stimulating human pre-adipocyte proliferation ( Anderson et al., 2001 ), the reduced gluteal subcutaneous adipocyte lipolysis may not necessarily lead to an overall reduction in the lipolysis of the gluteal subcutaneous fat depot. In fact, studies comparing the lipolysis and nutrient uptake of various fat depots indicate that women have more lipolysis than men in the lower body fat depot, whereas men have more lipolysis than women in the abdominal visceral fat depot ( Santosa and Jensen, 2008 ). The studies suggest that relative to lipolysis, fat uptake contributes more significantly to sex differences in body fat distribution. In other words, women accumulate more fat in the subcutaneous depot primarily because that depot takes up more fat in women than men. Likewise, men accumulate more fat in the abdominal visceral depot because their fat depot takes up more fat than women.
Some factors contributing to the tendency of non-obese women to accumulate subcutaneous fat include their high LPL activities in subcutaneous fat depots ( Arner et al., 1991 ) and their high catabolic rate of hepatic-derived lipoproteins ( Matthan et al., 2008 ). LPL activities are critical for body fat accumulation ( Serra et al., 2017 ) because most of the fatty acids that are taken up by the fat depots are derived from the hydrolysis of lipoprotein triglycerides ( Weinstock et al., 1997 ). The high LPL activities in the lower part of women’s body are evident in both preprandial and postprandial state ( Votruba and Jensen, 2006 ). A recent study shows that testosterone is capable of suppressing the LPL activity and fat storage in the femoral region ( Santosa et al., 2017 ). Furthermore, it shows a significant correlation between the LPL activity and the fat storage, implying that women’s tendency to accumulate fat in their subcutaneous depots is due to their high subcutaneous fat LPL activities. Another factor that promotes subcutaneous fat accumulation in non-obese women is their high hepatic-derived lipoprotein catabolic rate, which partly explains why they have lower plasma concentrations of apolipoprotein B-100 ( Watts et al., 2000 ) and triglycerides ( Mittendorfer et al., 2016 ). In addition to their high catabolic rate, women are also capable of secreting triglyceride-rich VLDLs when their liver is challenged with more fat ( Hodson et al., 2015 ). Consequently, women are more effective than men in redirecting fat storage from liver to subcutaneous fat ( Palmisano et al., 2018 ).
It can be concluded that women accumulate more fat in the subcutaneous depot because they have higher subcutaneous fat LPL activities and higher catabolic rate of hepatic-derived lipoproteins. The factors that allow men to accumulate more fat in the abdominal visceral depot will be discussed below.
Dietary Fat Is Preferentially Stored as the Abdominal Visceral Fat by Men.
The fat that is taken up by the adipocytes is primarily from lipoproteins, lipid particles with triglycerides in their core. The fact that men and women have different intestinal lipoproteins can potentially determine which body fat depot the dietary fat will be deposited to.
The organ that arguably secretes the most amount of fat is the small intestine, particularly during the postprandial state. Recall that the small intestine is surrounded by the abdominal visceral fat. Therefore, it is not surprising that the abdominal visceral fat can take up quite a significant amount of dietary fat from the intestinal lipoproteins. Studies have shown that about 21% of the ingested fat is stored in the intraperitoneal fat and about 6% of it is stored in the retroperitoneal fat by men ( Marin et al., 1996 ). In contrast, only about 5% of the ingested fat is stored in the intraperitoneal fat by women ( Votruba et al., 2007 ). These studies further support the notion that sex difference in regional body fat distribution is primarily determined by fat uptake rather than lipolysis.
To better understand why men’s abdominal visceral fat takes up more dietary fat than women’s, a closer look at the process of dietary fat absorption is necessary. Dietary fat is digested and absorbed by the small intestine. The absorbed dietary fat is secreted by the enterocytes in two major forms: chylomicrons (>80 nm in diameter) and VLDLs (30–80 nm).
Unlike VLDLs that can be produced during the preprandial states, the production of chylomicrons is primarily driven by dietary fat intake ( Nauli et al., 2003 , 2006 , 2014 ; Drover et al., 2005 ). Importantly, when the small intestine is challenged with a higher amount of fat, it will produce bigger chylomicrons ( Lo et al., 2008 ). These bigger chylomicrons tend to accumulate in the intestinal mucosa, as reflected by the higher recovery of the intraduodenally infused lipids in the intestinal mucosa, lower recovery in the lymph, and minimal recovery in the lumen at the end of the 6-h study. Since men generally consume a higher amount of dietary fat due to their higher energy intake ( Wright and Wang, 2010 ), they are expected to produce bigger and more chylomicrons than women.
Studies comparing the postprandial chylomicrons in the plasma, in fact, indicate that chylomicrons transport significantly more dietary fat in men than in women ( Knuth and Horowitz, 2006 ). The elevated plasma level of postprandial chylomicrons is also more prolonged in men than in women, suggesting further that it takes more time for men to transport bigger chylomicrons to the general circulation. Since the male participants were provided with more dietary fat in the studies, it remains to be determined if the reported effects were primarily due to their higher intake of fat. However, considering that men do normally have a higher dietary fat intake than women ( Wright and Wang, 2010 ), these studies are still highly relevant physiologically. Of note, all of the female participants in the studies were in their follicular phase.
Since the serum level of estrogen is significantly higher than progesterone in the mid-to-late follicular phase, the estrogen effect on the size of chylomicrons warrants more investigation. Studies utilizing rodents indicate that even with a comparable amount of fat entering the lumen of the digestive tract, the chylomicrons produced by males transport more dietary fat than those produced by females; and the VLDLs produced by females transport more dietary fat than those produced by male ( Vahouny et al., 1980 ).
From the animal to human studies discussed above, we can conclude that men transport more dietary fat through chylomicrons most likely because these chylomicrons are bigger and more than those of women. These sex differences in lipoprotein secretion can be further attributed to men’s higher intake of fat and possibly hormonal regulation.
There are several similarities and differences between chylomicrons and intestinal VLDLs. Regarding their similarities, both are apolipoprotein B-48-containing lipoproteins. They are also secreted to the capillary-rich lamina propria by the enterocytes (see Figure 1 ). However, their transport routes are quite different, which may determine the fat depot they will preferentially supply their dietary fat to.
Chylomicrons preferentially promote the accumulation of the abdominal visceral fat. High-fat meal, which triggers more chylomicron production, decreased the proportions of meal fat stored in the subcutaneous fat of both men and women ( Votruba and Jensen, 2006 ). The unaccounted for meal fat in that study was likely stored in the abdominal visceral fat. It is important to note that the unaccounted for meal fat was found previously to be correlated with the amount of abdominal visceral fat ( Romanski et al., 2000 ).
Since the lymphatic capillaries of the intestine allow bigger particles to enter their lumen relative to the blood capillaries, the lymphatic system is the predominant transport route for most of the chylomicrons. In addition to the transport by the lymphatics, VLDLs are capable of entering the lumen of the blood capillaries ( Takahara et al., 2013 ). Particles as large as 30 nm in diameter have been shown to pass through the walls of the abdominal visceral blood capillaries ( Simionescu et al., 1972 ). In fact, up to about 39% of the dietary triglycerides have been shown to be transported by the portal blood circulation ( Mansbach et al., 1991 ; Mansbach and Dowell, 1993 ). Due to the fact that chylomicrons transport more dietary fat in males than in females, it is not surprising that males also have a higher lymphatic transport of dietary triglycerides than females ( Vahouny et al., 1980 ).
Relative to the blood circulation, the lymphatic circulation is a low-pressure system that depends on the contraction of the surrounding muscles, such as the diaphragm and other abdominal muscles, to propel the lymph fluid. Consequently, the movement of the chylomicrons within the lamina propria and low-pressure lymphatics becomes a challenge during the postprandial state. This, again, is supported by the prolonged elevation of plasma chylomicrons in men ( Knuth and Horowitz, 2006 ) as well as the higher recovery of the infused lipids in the intestinal mucosa when the intestine is challenged with more fat ( Lo et al., 2008 ). Abdominal visceral fat accumulation has also been shown to correlate significantly with the delayed in postprandial lipid metabolism ( Taira et al., 1999 ), supporting the notion that bigger chylomicrons that are retained longer in the intestinal mucosa promote the accumulation of the abdominal visceral fat.
Electron microscopy studies also show that during the postprandial state the lipoproteins in the lamina propria are bigger than those in the lymphatic lumen, further supporting the notion that chylomicrons do not enter the lymphatic lumen as readily as their smaller counterparts VLDLs ( Takahara et al., 2013 ). Importantly, unlike the lumen of the blood capillaries, the lamina propria and the lymphatic lumen are visibly congested with chylomicrons.
The retention of chylomicrons in the lamina propria may predispose their triglycerides to the LPL hydrolysis. Although it has been reported that mesenteric fat expresses LPLs ( Shimomura et al., 1993 ), it is still not known if the LPL activity in the abdominal visceral fat is different between men and women. As mentioned above, the LPL activities in the subcutaneous fat depots are generally higher in women, particularly in the lower part of the body ( Arner et al., 1991 ; Votruba and Jensen, 2006 ).
LPLs can be tethered in the extracellular matrix by the HSPGs ( Young et al., 2011 ). Therefore, it is tempting to speculate that relative to VLDLs, chylomicron triglycerides are more likely to be hydrolyzed by LPLs due to their higher retention in the lamina propria. In this regard, HSPGs may not simply serve as LPL reservoir for GPIHBP1 tethering on the capillary endothelia but may directly facilitate the LPL hydrolysis of the chylomicron triglycerides.
Alternatively, the LPLs that are present in the lymph ( Huang et al., 1990 ; Qin et al., 2011 ) may also hydrolyze the chylomicron triglycerides. Angptl4, which is secreted by adipocytes and liver during fasting ( Cushing et al., 2017 ), inhibits the LPLs that are not stabilized by GPIHBP1 ( Sonnenburg et al., 2009 ; Lichtenstein et al., 2010 ). This autocrine/paracrine inhibition prevents fat accumulation by adipocytes during fasting. As the Angptl4 expression is reduced during postprandial state, the chylomicron triglycerides can then be potentially hydrolyzed by the disinhibited LPLs in the lymph.
Interestingly, the LPL expression in the mesenteric fat can be reduced by exercise ( Shimomura et al., 1993 ). This suggests that exercise does not simply increase the energy expenditure but may also inhibit the dietary fat uptake by the abdominal visceral fat. Additionally, exercise may help reduce the retention of the chylomicrons in the intestinal mucosa ( Havas et al., 1997 , 2000 ). Contraction of the surrounding muscles during exercise should help propel the congested chylomicrons into the lymph and reduce further the susceptibility of their triglycerides to LPL hydrolysis.
The liberated fatty acids that are the products of the LPL hydrolysis will then be delivered to the mesenteries either through the veins or lymphatics within the mesenteries (see Figure 1 ). Note that these veins and lymphatics are the convergences of the blood and lymphatic capillaries of the lamina propria, respectively. Since these veins and lymphatics are surrounded by the abdominal visceral adipocytes, the liberated fatty acids supply the abdominal visceral adipocytes prior to the subcutaneous adipocytes. Consequently, the LPL hydrolysis of the chylomicron triglycerides in the lamina propria should preferentially lead to the accumulation of abdominal visceral fat instead of subcutaneous fat. The transport of the liberated fatty acids by the veins within the mesenteries is supported by the fact that the unesterified fatty acid concentration is elevated in the portal vein after a bolus feeding of triglycerides ( Kristensen et al., 2006 ). Of note, the hepatic portal vein receives blood from the mesenteries before draining them into the systemic blood circulation.
The idea that chylomicron retention in the extracellular matrix of the intestine can lead to the abdominal visceral fat accumulation is supported by the Prox1 haploinsufficiency studies ( Harvey et al., 2005 ). The studies show that Prox1 ± mice, which have very leaky visceral lymphatics, accumulate a significant amount of abdominal visceral fat such that they develop obesity in their adulthood. The leaky intestinal lymphatics conceivably allow more chylomicrons to leave the lymphatic lumen and be retained in the extracellular matrix. Their enormous size may further prolong their retention, allowing their dietary fat to be hydrolyzed and stored by the surrounding abdominal visceral adipocytes. A recent study indicates that repairing the leaky lymphatics in Prox1 ± mice prevents them from becoming obese, further confirming that the leaky lymphatics are responsible for their obesity phenotype ( Escobedo et al., 2016 ). The study also suggests that the free fatty acids that are presumably liberated from the hydrolysis of chylomicron triglycerides may serve as the inducer of adipogenesis.
Lymphatic leakiness, which can be reduced by exercise ( Hespe et al., 2016 ), is a normal part of aging ( Zolla et al., 2015 ). The leakiness of the aging lymphatics may explain why the sex differences in the abdominal visceral fat accumulation become less pronounced with aging ( Camhi et al., 2011 ) as well as the sex differences in lipid metabolism cannot all be attributed to sex hormones ( Wang et al., 2011 ). It is becoming more apparent now that the roles of lymphatics in the development of android obesity cannot be disregarded.
Figure 3 summarizes our proposed mechanisms of why men are more likely to develop abdominal visceral fat than pre-menopausal women. Note that the aging and exercise effects are not depicted in the figure.
Figure 3. The proposed mechanisms for the sex differences in the development of the abdominal visceral fat. The size of lipoproteins is proposed to serve as an important factor in regulating the abdominal visceral adiposity. Due to the higher intake of dietary triglycerides and the potential hormonal regulation, men produce bigger and more chylomicrons. These chylomicrons trigger congestion within the lamina propria and lymphatics, subjecting their triglycerides to LPL hydrolysis. The subsequent uptake of the hydrolysis products by the surrounding adipocytes results in the accumulation of the abdominal visceral fat. LPL = lipoprotein lipase.
Of all of the factors contributing to the accumulation of abdominal visceral fat, lifestyle is arguably the most important. Based on our proposed mechanisms, spreading out the amount of dietary fat intake into several smaller meals should reduce the likelihood of abdominal visceral fat accumulation by reducing both the size and number of chylomicrons. Reducing the lipid load to the small intestine is also beneficial to the functions of the collecting lymphatics as high lipid load reduces their contraction frequency and amplitude ( Kassis et al., 2016 ). By maintaining the lymphatic contraction, smaller meals may reduce the retention time of the chylomicrons in the lamina propria. This would consequently reduce the likelihood of abdominal visceral fat accumulation. In overweight minority youth studies, the higher calorie-consuming nibblers, indeed, accumulate less abdominal visceral fat than the lower calorie-consuming gobblers ( House et al., 2014 ). The studies also take gender into account, that is, males are more likely to gobble and accumulate abdominal visceral fat than females.
Another important aspect of lifestyle is exercise. Besides increasing the energy expenditure, exercise may slow down the accumulation of abdominal visceral fat by increasing the flow of the chylomicrons within the lamina propria and lymphatics as well as reducing both the LPL expression in the mesenteric fat and the leakiness of the lymphatics.
There are other potential factors that may contribute to the development of abdominal visceral fat. But considering that it is a strong independent predictor of mortality, understanding the mechanisms of its development is critical. Based on our proposed mechanisms, exercising and eating a diet low in fat—or at least spreading the fat intake into several smaller meals—should help in slowing down the development of abdominal visceral fat.
Data Availability Statement.
The data supporting the conclusions of this article are from previously published articles. Please refer to the reference section of this article.
Author Contributions.
Conflict of Interest.
The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.
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Abbreviations.
Angptl4, angiopoietin-like 4; BMI, body mass index; GPIHBP1, glycosylphosphatidylinositol-anchored high density lipoprotein-binding protein 1; HSPGs, heparin sulfate proteoglycans; LPL, lipoprotein lipase; VLDL, very low density lipoprotein.
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This article is part of the Research Topic.

**9.** <https://www.mayoclinic.org/healthy-lifestyle/womens-health/in-depth/belly-fat/art-20045809>

This content does not have an English version.
Appointments at Mayo Clinic.
Belly fat in women: Taking — and keeping — it off.
What does your waistline say about your health? Find out why belly fat is more common after menopause, the danger it poses — and what to do about it.
By Mayo Clinic Staff.
An expanding waistline is sometimes considered the price of getting older. For women, this can be especially true after menopause, when body fat tends to shift to the abdomen.
Yet an increase in belly fat does more than make it hard to zip up your jeans. Research shows that belly fat also carries serious health risks. The good news? The threats posed by belly fat can be reduced.
What's behind belly fat.
Your weight is largely determined by three main factors:.
How many calories you consume during the day.
Your age.
If you eat too much and exercise too little, you're likely to carry excess weight — including belly fat.
Also, your muscle mass might diminish slightly with age, while fat increases. Loss of muscle mass also decreases the rate at which your body uses calories, which can make it more challenging to maintain a healthy weight.
Many women also notice an increase in belly fat as they get older — even if they aren't gaining weight. This is likely due to a decreasing level of estrogen, which appears to influence where fat is distributed in the body.
The tendency to gain or carry weight around the waist — and have an "apple" rather than a "pear" shape — might have a genetic component as well.
Belly fat.
Subcutaneous fat is the belly fat you can feel if you pinch excess skin and tissue around your middle. Visceral fat is belly fat that accumulates in your abdomen in the spaces between your organs. Too much visceral fat is strongly linked with a greater risk of serious health problems.
The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat — which lies deep inside your abdomen, surrounding your internal organs.
Breathing problems.
Research also associates belly fat with an increased risk of premature death — regardless of overall weight. In fact, some studies have found that even when women were considered a normal weight based on standard body mass index (BMI) measurements, a large waistline increased the risk of dying of cardiovascular disease.
Measuring your middle.
So how do you know if you have too much belly fat? Measure your waist:.
Stand and place a tape measure around your bare stomach, just above your hipbone.
Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.
Relax, exhale and measure your waist, resisting the urge to suck in your stomach.
For women, a waist measurement of more than 35 inches (89 centimeters) indicates an unhealthy concentration of belly fat and a greater risk of health problems.
Trimming the fat.
You can tone abdominal muscles with crunches or other targeted abdominal exercises, but just doing these exercises won't get rid of belly fat. However, visceral fat responds to the same diet and exercise strategies that help you shed excess pounds and lower your total body fat. To battle belly fat:.
Eat a healthy diet. Focus on plant-based foods, such as fruits, vegetables and whole grains, and choose lean sources of protein and low-fat dairy products. Limit added sugar and saturated fat, which is found in meat and high-fat dairy products, such as cheese and butter. Choose moderate amounts of monounsaturated and polyunsaturated fats — found in fish, nuts and certain vegetable oils — instead.
Replace sugary beverages. Drink water or beverages with artificial sweetener instead.
Keep portion sizes in check. Even when you're making healthy choices, calories add up. At home, slim down your portion sizes. In restaurants, share meals — or eat half your meal and take the rest home.
Include physical activity in your daily routine. For most healthy adults, the Department of Health and Human Services recommends moderate aerobic activity, such as brisk walking, for at least 150 minutes a week or vigorous aerobic activity, such as running, for at least 75 minutes a week.
If you use a step counter, remember that it takes an average of 10,000 steps a day to prevent weight gain. Some studies indicate it might take 15,000 steps a day to prevent the regain of weight after significant weight loss.
Strength training exercises also are recommended at least twice a week. If you want to lose weight or meet specific fitness goals, you might need to exercise more.
To lose excess fat and keep it from coming back, aim for slow and steady weight loss. Consult your doctor for help getting started and staying on track. .
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**10.** <https://www.diabetes.co.uk/body/visceral-fat.html>

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Written by Mike Watts on January 15, 2019 · Last reviewed on June 10, 2022.
Visceral fat is body fat that is stored within the abdominal cavity and is therefore stored around a number of important internal organs such as the liver, pancreas and intestines.
Visceral fat is sometimes referred to as ‘active fat’ because research has shown that this type of fat plays a distinctive and potentially dangerous role affecting how our hormones function.
Storing higher amounts of visceral fat is associated with increased risks of a number of health problems including type 2 diabetes.
It is important to define the difference between visceral fat and subcutaneous fat. Subcutaneous fat is the fat that we store just under our skin. The fat we may be able to feel on our arms and legs is subcutaneous fat.
A growing belly can be the result of both types of fat. The fat we can feel just under the skin is subcutaneous fat but we may also be storing significant extra fat within our abdomen where our organs reside. This intra-abdominal fat is our visceral fat.
Carrying a high amount of visceral fat is known to be associated with insulin resistance, which can lead to glucose intolerance and type 2 diabetes. Researchers have found that visceral secretes a protein called retinol-binding protein 4 (RBP4) which has been shown to increase resistance to insulin.
All of us will have a certain amount of visceral fat but those of us with a larger quantity of visceral fat may be exposed to increased risks of the following health conditions.
The most certain way to tell if you are storing excess visceral fat is to undergo an MRI scan (Magnetic Resonance Imaging scan). However, MRI scans are not a cheap procedure and is therefore not recommended as a diagnosis tool for diabetes risk.
A relatively good indicator of visceral fat is to take a waistline measurement. Harvard University note around 10% of our total fat is likely to be stored as visceral fat, therefore if you are carrying higher amounts of body fat than is recommended, it is therefore more likely that you are also storing more visceral fat than is healthy.
Research has shown that the size of our belly is a relatively reliable indicator of the health risks linked to visceral fat.
Read our guide to waist measurements to see whether you may be at an increased risk of diabetes and other associated health issues. Link to new ‘waist measurement and diabetes risk’ content.
Scientists are looking to find answers as to why visceral fat is stored by the body. To date, it is known that stress has a significant effect on where fat is stored on our body. Researchers have found that the stress hormone, cortisol, significantly increases the storage of visceral fat.
Harvard University states that diet and exercise have been to be more effective at reducing visceral fat than the fat around our hips and thighs. So don’t be too disheartened if diet and exercise is not reducing your clothing sizes as much as you’d like as your work could well be paying off through unseen benefits inside your body.
It should come as no surprise that these are the same lifestyle recommendations for reducing the risk and effect of type 2 diabetes.
Liposuction only removes subcutaneous fat and therefore should not be undertaken as a procedure for improving health.
As with any form of surgery, liposuction carries the risk of infection which can negatively affect our health.
The Newcastle Diet and decreased visceral fat.
A research study, published in 2011 by Newcastle University, showed that a very low calorie diet can significantly reduce levels of visceral fat in people with type 2 diabetes.
Along with the reduction in visceral fat, the study participants recorded improved blood glucose levels and a number of them were able to reduce or come off their diabetes medication.
Note that a very low calorie diet is regarded as an extreme diet and should only be undertaken with supervision from your doctor.
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**weight loss diet**

**1.** <https://www.healthline.com/nutrition/best-diet-plans>

By Ryan Raman, MS, RD — Medically reviewed by Jillian Kubala, MS, RD , Nutrition — Updated on March 27, 2022.
Diets aren’t just for weight loss. While changing your diet can be one of the best ways to lose weight, it can also be a gateway to improving your habits, focusing on your health, and leading a more active lifestyle.
Yet the sheer number of available diet plans may make it difficult to get started. Different diets will be more suitable, sustainable, and effective for different people.
Some diets aim to curb your appetite to reduce your food intake, while others suggest restricting your intake of calories and either carbs or fat. Some focus more on certain eating patterns and lifestyle changes, rather than on limiting certain foods.
What’s more, many offer health benefits that go beyond weight loss.
The Mediterranean diet has long been considered the gold standard for nutrition, disease prevention, wellness, and longevity. This is based on its nutrition benefits and sustainability.
The Mediterranean diet is based on foods that people in countries like Italy and Greece have traditionally eaten. It is rich in:.
Health benefits.
This diet’s emphasis on minimally processed foods and plants has been associated with a reduced risk of multiple chronic diseases and increased life expectancy. Studies also show that the Mediterranean diet has a preventive effect against certain cancers (.
Though the diet was designed to lower heart disease risk, numerous studies indicate that its plant-based, high unsaturated fat dietary pattern can also aid in weight loss ( 2 ).
A systematic review analyzing five different studies found that, compared with a low fat diet, the Mediterranean diet resulted in greater weight loss after 1 year. Compared with a low carb diet, it produced similar weight loss results (.
One study in more than 500 adults over 12 months found that higher adherence to a Mediterranean diet was associated with double the likelihood of weight loss maintenance (.
Additionally, the Mediterranean diet encourages eating plenty of antioxidant-rich foods, which may help combat inflammation and oxidative stress by neutralizing free radicals (.
Other benefits.
Recent studies have also found that the Mediterranean diet is associated with decreased risk of mental disorders, including cognitive decline and depression (.
Downsides.
Since the Mediterranean diet does not put a big emphasis on dairy products, it’s important to make sure you still get enough calcium and vitamin D in your diet.
Summary.
The Mediterranean diet emphasizes eating plenty of fruits, vegetables, fish, and healthy oils while restricting refined and highly processed foods.
Dietary Approaches to Stop Hypertension, or DASH , is an eating plan designed to help treat or prevent high blood pressure, which is clinically known as hypertension.
It emphasizes eating plenty of fruits, vegetables, whole grains, and lean meats. It is low in salt, red meat, added sugars, and fat.
How it works.
The DASH diet recommends specific servings of different food groups. The number of servings you are encouraged to eat depends on your daily calorie intake.
seven servings of healthy carbs like whole grains.
two servings of low fat dairy products.
two servings or fewer of lean meats.
Health benefits.
The DASH diet has been shown to reduce blood pressure levels and several heart disease risk factors. Also, it may help lower your risk of breast and colorectal cancers (.
Studies show that the DASH diet can also help you lose weight. For example, an analysis of 13 studies found that people on the DASH diet lost more weight over 8–24 weeks than people on a control diet (.
Another study in adults with obesity over 12 weeks found that the DASH diet helped decrease total body weight, body fat percentage, and absolute fat mass in study participants while preserving muscle strength (.
A comparative study over 8 years found that even moderate adherence to the DASH diet was related to lower depression risk (.
While the DASH diet may aid with weight loss and lower blood pressure in individuals with hypertension, there is mixed evidence on salt intake and blood pressure.
Eating too little salt has been linked to increased insulin resistance, and a low sodium diet isn’t the right choice for everyone.
A low sodium diet like the DASH diet is more appropriate for individuals with hypertension or other health conditions that benefit from or require sodium restriction (.
More research is needed in this area to understand how a low sodium diet can affect insulin resistance in individuals without hypertension.
Summary.
The DASH diet is a low salt diet that has been shown to aid with weight loss.
3. Plant-based and flexitarian diets.
Vegetarianism and veganism are the most popular versions of plant-based diets, which restrict animal products for health, ethical, and environmental reasons.
However, more flexible plant-based diets also exist, such as the flexitarian diet . This is a plant-based diet that allows eating animal products in moderation.
Typical vegetarian diets restrict meat of all kinds but allow dairy products. Typical vegan diets restrict all animal products, including dairy, butter, and sometimes other byproducts like honey.
The flexitarian eating plan does not have clear-cut rules or recommendations about calories and macronutrients, so it’s considered more of a lifestyle than a diet. Its principles include:.
consuming protein from plants instead of animals.
eating mostly fruits, vegetables, legumes, and whole grains.
limiting sugar and sweets.
Health benefits.
Numerous studies have shown that plant-based diets can reduce your risk of developing chronic diseases, including improved markers of metabolic health, decreased blood pressure, and reduced risk of type 2 diabetes. They can also help you lose weight (.
Flexitarian diets have also been shown to reduce the risk of type 2 diabetes and improve metabolic health and blood pressure, plus may have their own weight loss benefits. (.
For those who are looking to lead a sustainable lifestyle, decreasing your meat consumption can also reduce greenhouse gas emissions, deforestation, and soil degradation ( 19 ).
Plant-based eating patterns like vegetarianism and veganism can sometimes be difficult to maintain and may feel restricting, especially if you’re switching from a more meat-based eating style.
And while the flexibility of the flexitarian diet makes it easy to follow, being too flexible with it may counteract its benefits.
Summary.
Plant-based diets like veganism and vegetarianism can have real health benefits, such as a reduced risk of type 2 diabetes, high blood pressure, and high cholesterol. However, they can also feel restricting for some people.
The flexitarian diet is a less strict version of a plant-based diet that allows for minimal meat and animal product consumption.
4. The MIND diet.
The Mediterranean-DASH Intervention for Neurodegenerative Delay (MIND) diet combines aspects of the Mediterranean and DASH diets to create an eating pattern that focuses on brain health.
Like the flexitarian diet, the MIND diet does not have a strict meal plan, but instead encourages eating 10 specific foods with brain health benefits.
Health benefits.
Research shows that the MIND diet may reduce a person’s risk of developing Alzheimer’s disease, and studies show that the MIND diet is superior to other plant-rich diets for improving cognition (.
There is little research concerning the MIND diet and weight loss. Yet, since it is a combination of two diets that promote weight loss, the MIND diet may also help you lose weight.
Other benefits.
By combining the best of two diets, the MIND diet has a lot to offer and offers some more flexibility than stricter diets.
While you can eat more than the 10 food groups it recommends, the closer you stick to the diet, the better your results may be.
Summary.
The MIND diet combines aspects of the Mediterranean and DASH diets and may help reduce your risk of Alzheimer’s disease and dementia.
5. WW (formerly Weight Watchers).
WW, formerly Weight Watchers , is one of the most popular weight loss programs worldwide.
While it doesn’t restrict any food groups, people on a WW plan must eat within their set number of daily points to help them reach their ideal weight (.
How it works.
WW is a points-based system that assigns different foods and beverages a value, depending on their calorie, fat, and fiber contents.
Health benefits.
For example, a review of 45 studies found that people who followed a WW diet lost 2.6% more weight than people who received standard counseling (.
What’s more, people who follow WW programs have been shown to be more successful at maintaining weight loss after several years, compared with those who follow other diets (.
WW allows flexibility, which makes it easy to follow. This enables people with dietary restrictions, such as those with food allergies , to adhere to the plan.
While it allows for flexibility, WW can be costly depending on the subscription plan and the length of time you intend to follow it.
Summary.
WW, or Weight Watchers, is a weight loss and healthy eating program that uses a points-based system.
6. Intermittent fasting.
Various forms exist , including the 16/8 method, which involves limiting your calorie intake to 8 hours per day. There’s also the 5:2 method, which restricts your daily calorie intake to 500–600 calories twice per week.
While it’s primarily known as a diet for weight loss, intermittent fasting may have powerful benefits for both your body and brain.
Intermittent fasting restricts the time you’re allowed to eat, which is a simple way to reduce your calorie intake. This can lead to weight loss — unless you compensate by eating too much food during allowed eating periods.
Health benefits.
Intermittent fasting has been linked to anti-aging effects, increased insulin sensitivity, improved brain health, reduced inflammation, and many other benefits (.
It can also help you lose weight.
In a review of studies, intermittent fasting was shown to cause 0.8–13% weight loss over a period of 2 weeks to 1 year. This is a significantly greater percentage than many other methods (.
Other benefits.
While certain diets can have a lot of rules, require frequent trips to the grocery store, and can be difficult to follow, intermittent fasting is known as a more simple-to-follow eating plan.
Due to the nature of the diet, there are fewer meals that you need to prepare, cook, and clean up after.
Downsides.
In general, intermittent fasting is safe for most healthy adults.
That said, those sensitive to drops in their blood sugar levels should talk with a health professional before starting intermittent fasting. These groups include people:.
Intermittent fasting cycles between periods of fasting and eating.
7. The Volumetrics diet.
The Volumetrics diet was created by Penn State University nutrition professor Barbara Rolls and is meant to be a long-term lifestyle change rather than a strict diet.
How it works.
The eating plan is designed to promote weight loss by having you fill up on nutrient-dense foods that are low in calories and high in water.
The Volumetrics diet divides food into four categories based on food’s calorie density, which can be calculated with a formula created by Rolls. These categories are:.
Category two: includes low calorie-dense foods, like starchy fruits and vegetables, grains, breakfast cereal, low fat meat, legumes, and low fat mixed dishes like chili.
Category three: includes medium calorie-dense foods, like meat, cheese, pizza, bread, and ice cream.
Category four: includes high calorie-dense foods, like crackers, chips, chocolate candies, nuts, butter, and oil.
Meals on the Volumetric diet consist mostly of foods from categories one and two, with limited amounts of food from categories three and four.
No foods are completely off-limits on the Volumetrics diet, and exercise is encouraged for at least 30–60 minutes each day.
The Volumetrics diet encourages nutritious foods that are low in calories but high in fiber, vitamins, and minerals, which may help increase your intake of key nutrients and protect against nutritional deficiencies .
Additionally, it limits the amount of processed foods you’ll eat, which can decrease your risk of developing certain cancers and heart disease (.
The Volumetrics diet may also help you lose weight.
A review of 13 studies in more than 3,000 people found that diets rich in low calorie density foods led to increased weight loss. Similarly, an 8-year study in more than 50,000 women found that high calorie-dense foods led to increased weight gain (.
Downsides.
While the Volumetrics diet may be effective for health benefits and weight loss, it requires a good understanding of Volumetrics, which involves learning about the calorie levels of foods in relation to portion sizes and nutrient levels.
Summary.
The Volumetrics is designed to promote weight loss by having you fill up on nutrient-dense foods that are low in calories and high in water.
While it may help you lose weight, it requires a good understanding of Volumetrics and the calorie levels of foods.
8. The Mayo Clinic Diet.
Designed to be a lifestyle change over a quick fix, the Mayo Clinic Diet focuses on replacing less healthy behaviors with ones that are more likely to support longevity and weight loss.
Rather than banning certain foods, the Mayo Clinic Diet uses a pyramid to encourage exercise and illustrate quantities of foods you should be consuming.
Fruits, vegetables, and physical activity make up the base of the pyramid, followed by carbs in the next layer, then protein and dairy, fats, and finally, sweets.
The diet consists of two phases. An initial, 2-week phase designed to kick-start your weight loss by introducing 5 healthier habits and encouraging you to break 5 common less healthy habits.
The second phase is more of a lifestyle change designed to be followed long-term, encouraging education about nutritious food choices and portion sizes in addition to being physically active.
Health benefits.
Little research is available about the health benefits of the Mayo Clinic Diet.
However, the Mayo Clinic tells users to expect about 10 pounds of weight loss during the first 2 weeks, and up to 2 pounds during the second phase.
Since diets rich in fiber can increase satiety by making you feel more full, the Mayo Clinic Diet may contribute to weight loss. It may also decrease your risk of developing type 2 diabetes (.
Additionally, studies show that exercising while on a lower-calorie diet is more effective at promoting weight loss than dieting alone (.
Downsides.
While the digital version of the program includes meal plans, recipes, a food tracker, virtual group sessions, at-home workouts, and more, it will cost you monthly to buy into the program.
Summary.
The Mayo Clinic Diet utilizes an easy-to-follow pyramid to encourage exercise and a diet rich in fruits and vegetables.
While creators tell followers of the diet to expect about 10 pounds of weight loss during the first 2 weeks, more research needs to be done to fully understand its health benefits.
9. Low carb diets.
Low carb diets are among the most popular diets for weight loss. Examples include the Atkins diet, ketogenic (keto) diet, and low carb, high fat (LCHF) diet.
Some varieties reduce carbs more drastically than others. For instance, very low carb diets like the keto diet restrict this macronutrient to under 10% of total calories, compared with 30% or less for other types (.
Low carb diets restrict your carb intake in favor of protein and fat.
They’re typically higher in protein than low fat diets, which is important, as protein can help curb your appetite, raise your metabolism, and conserves muscle mass (.
In very low carb diets like keto, your body begins using fatty acids rather than carbs for energy by converting them into ketones. This process is called ketosis (.
Health benefits.
Research suggests that low carb diets may reduce risk factors for heart disease, including high cholesterol and blood pressure levels. They may also improve blood sugar and insulin levels in people with type 2 diabetes (.
Many studies indicate that low carb diets can aid weight loss and may be more effective than conventional low fat diets (.
For example, a review of 53 studies made up of 68,128 participants found that low carb diets resulted in significantly more weight loss than low fat diets (.
Downsides.
In some cases, a low carb diet may raise LDL (bad) cholesterol levels. Very low carb diets can also be difficult to follow and cause digestive upset in some people (.
In very rare situations, following a very low carb diet may cause a condition known as ketoacidosis, a dangerous metabolic condition that can be fatal if left untreated (.
Low carb diets restrict your carb intake, which encourages your body to use more fat as fuel.
The bottom line.
Many diets can help you lose weight and offer unique health benefits.
Some of the most popular eating plans include the Mediterranean diet, WW (Weight Watchers), the MIND diet, the DASH diet, intermittent fasting, plant-based diets, low carb diets, the Mayo Clinic Diet, and the Volumetrics diet.
While all of the above diets have been shown to be effective for weight loss, the diet you choose should depend on your lifestyle and food preferences. This ensures that you are more likely to stick to it in the long term.
And before starting any kind of new diet, it’s always a good idea to talk with your doctor about your personal health history. They can help you decide which plan would work best for you.
Additionally, once you’ve decided to start a new diet, a registered dietitian can help you navigate the new rules and help you plan meals that you actually want to eat.
By Ansley Hill, RD, LD.
Women over 50 may be interested in dietary changes that help them optimize their health. Here are the 5 best diets for women over 50.
By Rachael Link, MS, RD.
Men often look for diets catered to specific fitness goals or nutrient needs. Here are the 7 best diets for men, no matter your age.
By Kris Gunnars, BSc and Rachael Link, MS, RD.
The Mediterranean diet includes lots of healthy foods like whole grains, fruits, vegetables, seafood, beans, and nuts. This article details all you….
By Kris Gunnars, BSc.
This is a detailed beginner's guide to the paleo diet. What it is, how it works, what to eat, what to avoid and a sample paleo meal plan for one week.
By Lauren Panoff, MPH, RD.
Many people are choosing to reduce or eliminate the number of animal products they consume. This article reviews the similarities and differences….
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**2.** <https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible>

Bottom line.
Weight loss is not the answer to every health problem, but if your doctor recommends it, there are tips to help you lose weight safely. A steady weight loss of 1 to 2 pounds per week is recommended for the most effective long-term weight management.
That said, many eating plans designed to help you lose weight leave you feeling hungry or unsatisfied, or they cut out major food groups and are not sustainable. These are major reasons why you might find it hard to stick to a healthier eating plan.
Everyone has unique needs and different eating styles and tips may work better for you than someone else.
You may find you are able to lose weight by following a low carb diet or a diet that has a focus on whole foods, but there are some general principles that apply when you’re trying to lose weight.
Here are some science-backed tips to help you lose weight that include healthy eating, choosing carbs carefully, and that aim to:.
produce consistent weight loss over time.
help improve your metabolic health at the same time.
If you want to lose weight quickly, some of these tips may help, but quick weight loss is rarely sustainable. Focusing on long-term health and habits that you can stick with over time will help improve your health and are more likely to result in lasting weight loss.
1. Cut back on refined carbs.
One way to help lose weight quickly is to cut back on sugars and starches, or carbohydrates. This could be with a low carb eating plan or by reducing refined carbs and replacing them with whole grains.
If you choose to eat more complex carbs like whole grains along with a calorie deficit , you’ll benefit from higher fiber and digest them more slowly. This makes them more filling to keep you satisfied.
Research also suggests that a low carb diet may reduce appetite, which can lead to naturally eating fewer calories without thinking about it or feeling hungry (.
Note that the long-term effects of a low carb diet are still being researched. It can also be difficult to adhere to a low carb diet, which may lead to yo-yo dieting and less success in maintaining a healthy weight.
There are potential downsides to a low carb diet that may lead you to a different method. Reduced calorie diets can also lead to weight loss and be easier to maintain for longer periods of time.
If you opt for a diet focusing instead on whole grains over refined carbs, a 2019 study correlated high whole grain intake with lower body mass index (BMI) (.
Summary.
Reducing refined carbohydrates may help curb your appetite, lower your insulin levels, and help you lose weight.
But the long-term effects of a low carb diet are not yet known. A reduced calorie diet could be more sustainable.
2. Eat protein, fat, and vegetables.
Aim to include a variety of foods at each meal. To balance your plate and help you lose weight your meals should include:.
a small portion of complex carbohydrates, such as whole grains.
this lower calorie meal plan.
Generally, an average male needs about 56-91 grams per day, and the average female needs 46-75 grams per day, but many factors influence protein needs. Here are guidelines to help you figure out how much protein to eat without eating too much (.
Diets with adequate protein may also help you reduce cravings and snacking by helping you feel full and satisfied ( 11 ).
Don’t be afraid to load your plate with leafy green vegetables . They’re packed with nutrients, and you can eat very large amounts without greatly increasing calories and carbs.
All vegetables are nutrient-rich and healthy foods to add to your diet, but some vegetables, like potatoes, sweet potatoes, winter squash, and corn, are higher in carbs.
These vegetables are considered complex carbs because they contain fiber, but you may want to be mindful of serving size when adding these vegetables to your plate.
Your body still requires healthy fats no matter what eating plan you choose. Olive oil and avocado oil are great choices for including in your eating plan. Nuts, seeds, olives, and avocados are delicious and healthy additions, as well.
Other fats such as butter and coconut oil should be used only in moderation due to their higher saturated fat content (.
Try to assemble each meal with a protein source, healthy fat source, complex carb, and vegetables.
3. Move your body.
Exercise, while not required to lose weight, can help you lose weight more quickly. Lifting weights has particularly good benefits.
By lifting weights, you’ll burn calories and help prevent your metabolism from slowing down, which is a common side effect of losing weight (.
Try strength training three to four times a week. If you’re new to lifting weights , a trainer may be able to help you get started. Make sure your doctor is also aware of any new exercise plans.
If lifting weights is not an option for you, doing some cardio workouts such as walking, jogging, running, cycling, or swimming is very beneficial for weight loss and general health.
Resistance training, such as weightlifting, is a great option for losing weight. If that’s not possible, cardio workouts are also effective.
What about calories and portion control?
If you opt for a low carb eating plan, it’s not necessary to count calories as long as you keep your carb intake low and eat mostly protein, fat, and low carb vegetables.
If you find yourself not losing weight, you may want to keep track of your calories to see if that’s a contributing factor.
If you’re sticking to a calorie deficit to lose weight, you can use a free online calculator like this one to estimate your calorie needs.
You can also download free, easy-to-use calorie counters from websites and app stores. Here’s a list of 5 calorie counters to try.
Note that eating too few calories can be dangerous and less effective for losing weight. Aim to reduce your calories by a sustainable and healthy amount based on your doctor’s recommendation.
Counting calories may be a helpful tool for some, but it may not be the best choice for everyone.
If you are preoccupied with food or your weight, feel guilt surrounding your food choices, or routinely engage in restrictive diets, consider reaching out for support. These behaviors may indicate a disordered relationship with food or an eating disorder.
You can also chat, call, or text anonymously with trained volunteers at the National Eating Disorders Association helpline for free or explore the organization’s free and low cost resources.
Counting calories isn’t usually needed to lose weight on a low carb eating plan. But if you’re not losing weight or on a reduced calorie eating plan, calorie counting may help.
9 weight loss tips.
Eat a high protein breakfast. Eating a high protein breakfast could help reduce cravings and calorie intake throughout the day (.
Limit sugary drinks and fruit juice. Empty calories from sugar aren’t useful to your body and can hinder weight loss (.
, 19 ).
Choose weight-loss-friendly foods. Some foods are better for weight loss than others. Here is a list of healthy weight-loss-friendly foods .
Eat more fiber. Studies show that eating fiber may promote weight loss. Find fiber in whole grains, fruits, vegetables, nuts, seeds and these other high-fiber foods . (.
Drink coffee or tea. Caffeine consumption may help boost your metabolism . No need to go overboard on caffeine though and be mindful of adding sugar to these drinks (.
, 25 ).
Base your diet on whole foods. They tend to be nutrient rich, more filling, and less likely to cause overeating than processed foods.
Eat slowly. Eating quickly can lead to weight gain over time, while eating slowly makes you feel more full and boosts weight-reducing hormones (.
Get good quality sleep. Sleep is important for many reasons , and poor sleep is one of the biggest risk factors for weight gain (.
, 29 ).
While these 9 tips are a good starting point, they’re not the only things that impact weight loss. Try to reduce stress , and move your body. Read more about natural tips for losing weight here.
Eating whole foods, higher protein, fiber, and less sugar can help you lose more weight. Don’t forget to get a good night’s sleep, too.
Sample meal ideas for fast weight loss.
These sample meal plan ideas are low carb, which limits carbs to 20–50 carbs per day. Each meal should have protein, healthy fats, and veggies. These meal ideas are just suggestions, as everyone has different needs and food preferences.
If you’d prefer to lose weight while still eating complex carbs, add in some healthy whole grains to your meals such as:.
spinach, mushroom, and feta crustless quiche.
How fast will you lose weight?
You may lose weight more quickly in the first week of a diet plan and then lose weight at a slower but more consistent rate after that. The first week you typically lose a mix of both body fat and water weight.
If this is the first time you are making changes to your diet and exercise habits, weight loss may happen more quickly.
Unless your doctor suggests otherwise, losing 1–2 pounds per week is usually a safe amount . If you’re trying to lose weight faster than that, speak to your doctor about a safe level of calorie reduction.
Aside from weight loss, a low carb diet can improve your health in a few ways, though the long-term effects are not yet known:.
Other diet types that reduce calories and increase whole foods are also associated with improved metabolic markers and slower aging ( 34 ,.
36.
Summary.
You can reach your weight loss goals by incorporating a low carb or low calorie diet into your life, but the speed of weight loss depends on the individual.
The bottom line.
By reducing carbs or replacing refined carbs with complex carbs, you’ll likely experience reduced hunger levels. Feeling hungry is often why it’s difficult to maintain a weight loss plan, so it’s important to find a way of eating that leaves you feeling satisfied.
By incorporating a sustainable low carb or lower calorie eating plan, you can eat healthy food until you’re full and still lose weight.
Losing weight quickly may be your goal, but it’s important to think about the long run. While you may lose water weight quickly, fat loss takes longer, and developing sustainable weight loss may take longer than you’d like.
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By Adda Bjarnadottir, MS, RDN (Ice).
There are many natural weight loss methods that science has shown to be effective. Here are 29 easy ways to lose weight naturally.
Most people who lose weight end up gaining it back within a year. Here are 17 effective ways to maintain your weight loss for good.
Medically reviewed by Jake Tipane, CPT.
See 9 effective exercises for full-body weight loss workouts along with diet and lifestyle tips to help you lose weight while staying fit.
Here are 16 effective ways you can motivate yourself to lose weight. People often lack the motivation to get started or continue on a weight loss diet.
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New Guidelines Recommend These Weight Loss Drugs For People With Obesity.
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**3.** <https://www.prevention.com/weight-loss/diets/g29462611/best-diets-weight-loss/>

Get Your Metabolism to Work for You at Any Age.
sveta\_zarzamora.
Deciding to go on a diet is a big deal. You’ll revamp your eating habits, introduce new foods, and likely ditch some current ones. But, if dropping pounds is your goal, of course you want to go on the best diet to lose weight.
“Eating a nutrient-rich diet can make us feel better and more energized, and it lets us know we are taking steps towards a healthier life,” says dietitian Amanda Beaver, R.D.N, of Houston Methodist Wellness Services. But when you start researching the best ways to lose weight, your head can start spinning with all the different “miracle” diets out there—keto! paleo! 5-2 fasting! And of course each of these has an army of true believers, who post all over Instagram about how awesome they feel giving up carbs/sugar/meat/dinner. It can be impossible to know which one to try.
Deciding on a new diet is a big deal, and it can be tricky to select the right one for you. “One must remember that healthy weight loss is a commitment that takes time,” says Keri Gans, M.S., R.D., author of The Small Change Diet . “There is no silver bullet. When choosing a diet, opt for one that is an all-food inclusive and not one that is about eliminating foods, especially those you love.”.
Amanda Holtzer, M.S., R.D., a dietitian at Culina Health , suggests asking yourself the following question before settling on a new diet:.
● Is this diet sustainable for you? “Meaning, can you do it seven days a week, forever?” she says. “Because if not, the second you stop doing it, chances are you’ll gain the weight back.”.
● Is this diet overly restrictive? If you’re going to feel deprived, Holtzer says it will be tough to stick with a particular diet. “Eventually, those cravings will take over,” she says. “Oftentimes, this kind of situation leads to overindulgences or even binges.”.
● Will you be able to live your life while on it? If you like to eat out with friends, grab ice cream on occasion, and enjoy mimosas at brunch, it’s important to consider if your diet will allow this, Holtzer says. “If you think you’ll have to put your life on hold to execute this diet properly, it ain’t the one,” she says.
● Will you be adequately nourished? Holtzer says this is “the most important” question to ask yourself. “Any diet that prescribes intensely low calories is not the one,” she says, citing diets that want to you to restrict yourself to 1,200 calories. “Remember, the second you stop eating that way, you’ll gain the weight back,” Holtzer says.
Ultimately, Gans says, “a good fit will have many parts to it that become part of your lifestyle, not something that you will be counting the days ‘til it is over.”.
How long should you give a diet before trying something new?
Sure, it’s possible to choose a diet the first time that may not be right for you. So, how long should you give it? Holtzer says “not very long.” She recommends doing daily check-ins with yourself to see how you’re feeling on a new diet. A few things to consider, per Holtzer:.
Whether you feel satisfied from your meals and snacks.
How much you’re thinking about food on the diet.
How much the diet is impacting other areas of your life.
“Even if you finish day one of a diet, and the answers to some of these questions indicate that this diet may not be right, I would say it’s time to call it,” Holtzer says. “Life is too short to be on a diet that takes away from it.” (But, she adds, if you feel like daily check-ins are too much, you can reevaluate every week.).
Gans agrees that you shouldn’t stick with something that doesn’t feel right. “If you are losing one to two pounds a week, then you are on the road to success,” she says. “However, if you are losing weight, but feel you cannot continue for long because it is so darn hard, the time to switch is immediate.”.
Overall, Gans recommends keeping this in mind: “The best diet is the one that doesn’t feel like a diet. The plan incorporates all foods groups, teaches you about portion sizes, provides healthy cooking tips, includes dining out strategies, suggest regular physical activity and adequate sleep. The best diet is actually not a diet, but a lifestyle.”.
We asked a panel of dietitians to sort through some of the most buzzed-about diets, and discuss the good, the bad, and the hungry. Here are their recommendations of the top 11 to consider—and 4 to forget about.
This is a repeat favorite from last year. Based on the heart-healthy lifestyle of Greece, Italy, Spain, and Portugal, Mediterranean-style diets include healthy fats such as avocados, olive oil, nuts, and fish at least twice a week, plenty of beans, fruit, leafy greens, and whole grains, and even a daily glass of red wine. You can eat cheese in moderation, but limit the red meat to once or twice a week.
How it works for weight loss: Though this diet’s primary appeal is in its numerous health benefits—it can lower your risk of both chronic disease and cognitive decline —it can also lead to weight loss if you limit your calorie intake to 1,500 a day or less. Studies have found that following either a traditional Mediterranean diet or a low-carb version of it can result in weight loss of about 5-10% of body weight over 12 months. And that weight stays off—a recent British study found that for people who had lost large amounts of weight, those who consumed a Mediterranean-style diet were twice as likely to keep it off. “This diet is easy to maintain, because the food is delicious!” says Beaver.
The low-sodium Dietary Approaches to Stop Hypertension (DASH) Diet was designed as a way to help people control their blood pressure without using drugs, though a few books have used it as a basis for a weight-loss diet. DASH emphasizes fruits, vegetables, whole grains, and low-fat or nonfat dairy and limits saturated fat and dietary cholesterol.
How it works for weight loss: You will certainly improve your health with this diet, and if you restrict calories while following DASH’s heart-healthy rules, you can lose weight and lower your blood pressure. A recent study found of obese older adults found that those who followed the DASH diet lost weight and decreased body fat, along with many other health benefits. "DASH is one of my favorite diets," says Meridan Zerner, R.D., a dietitian at the Cooper Clinic in Dallas. "You're getting the anti-inflammatory, high fiber, heart-healthy benefits, and if you use a personalized, calorie-limited plan, you can absolutely lose weight.".
Weight Watchers has been around so long, your Grandma probably tried it when she was trying to take off the baby weight. With the newest version, you’re assigned a Points budget based on your food and activity preferences ( (foods are given points based on calories, saturated fat, sugar, and protein)—you can eat whatever you want within that range. You also have ZeroPoint foods (most fruits and veggies and lean proteins such as fish, tofu, beans, eggs, and chicken breast fall into this category). Memberships start at $5.29 a week for a point-tracking app and digital support; $13.83 a week gets you unlimited access to workshops and a personal coach, in addition to the app. The program can also be personalized to meet the needs of those living with diabetes.
How it works for weight loss: Research has consistently found that WW is effective at safely taking off the pounds. A 2013 study found that dieters assigned to WW were more than eight times more likely to lose 10% of their body weight over 6 months than those trying to diet on their own. "There is a lot of evidence that using a tracking app can help you lose weight," says Zerner. She adds that even if you stop tracking every meal, it is easy to maintain weight loss once you internalize which healthy foods are low or 0 points.
Going a step further than the traditional vegetarian diet, vegans shun all animal products, including dairy, eggs, and honey. While many choose this lifestyle for ethical or environmental reasons, some people look to the vegan diet for weight loss as well. And with the new era of plant-based meats , going vegan is easier than ever.
How it works for weight loss: Just going vegan won’t necessary help you drop the weight. After all, candy, pasta, and potato chips can all fall under the vegan label without being particularly healthy or low-cal. “If you eat high-quality vegan food, like leafy greens and plant-based proteins, you can lose more weight than either vegetarians or omnivores,” says Beaver; studies confirm that those on a plant-based diet have a lower average BMI than those who eat animal products. A 2020 Australian study came to the interesting conclusion that vegans and vegetarians are more likely to stick with the diet over the long run than those on plans such as paleo, because they were motivated by ethical and moral beliefs rather than just weight-loss.
Whereas the vegan diet goes one step beyond vegetarianism, the Flexitarian diet takes it one step back, explains Dawn Jackson Blatner, R.D., nutritionist and author of The Flexitarian Diet . "This is a very pro-plant diet, but it gives you the flexibility to have a hot dog at a ballpark, or to eat some turkey at Thanksgiving," she says. There are no strict calorie limitations, though Blatner's book provides a 5-week plan that provides around 1,500 calories a day.
How it works for weight loss: By filling your plate with more vegetables, fruits, whole grains, and plant proteins, and sticking with the low-cal plan, you can lose weight and improve your health. A recent review found that people who followed a flexitarian diet had lower BMIs and lower rates of metabolic syndrome than people who regularly ate meat.
There are a few different ways to do the intermittent fasting plan: Some people eat whatever they want 5 days a week, then consume a very low calorie diet (usually around 500 calories) on the other 2 days; others restrict their eating to an 8-hour window every day. Say, eating unlimited food between 8 a.m. and 4 p.m., and fasting for the other 16 hours.
How it works for weight loss: By limiting your overall calories consumption, you’ll take off the pounds, says Zerner, who points out that there is some evidence that this diet can also increase your metabolism rate and have other positive health effects. A 2015 meta-study found that people who did intermittent fasting lost about the same amount of weight as those who did a regular calorie-restricted diet.
Consistently rated as one of the best diets by U.S. News & World Report, Volumetrics was created by Barbara Rolls, Ph.D., a professor of nutrition at Penn State University. The strategy here is simple: Fill up on foods that provide the most nutrition for the least amount of calories. Foods are divided into four categories, from least energy-dense (fruits, non-starchy vegetables, broth-based soups) to most energy-dense (crackers, cookies, chocolate, nuts, and butter); dieters plan their meals to include as many of the lower-density foods as possible.
How it works for weight loss: The math here is simple—the fewer calories consumed, the more weight you'll drop. A 2016 study found a significant association between low-energy-density diets and weight loss.
Similar to a Flexitarian diet, a plant-based diet doesn't have any super-strict rules: You just focus on eating whole foods derived from plants most of the time, with wiggle room for the occasional piece of chicken or scrambled egg. You’re basically taking the standard American diet—which features a big hunk of meat in the center of the plate, with a few vegetables scattered on the side—and flipping that around, so vegetables, fruits, beans, nuts, and whole grains, are the star of the show, and beef, poultry, fish, eggs, and dairy only make small, cameo appearances when you have a true craving.
How it works for weight loss: Plant-based foods tend to be higher in fiber and lower in fat than animal products, keeping you filled up for fewer calories. According to one large study, overweight and obese adults who followed a plant-based diet for six months lost an average of 26 pounds.
The Mayo Clinic Diet was created by the highly esteemed medical organization of the same name, and it’s specially designed to be a lifestyle change—not a quick fix. The diet centers around an easy-to-follow food pyramid that stresses the importance of loading up on fruits, vegetables, and whole grains, while minimizing sweets and certain fats.
The diet happens in two phases. First, there’s a two-week phase that’s designed to jump-start your weight loss by introducing five healthy habits and teaching you to break five common habits. The second phase is designed to be followed for life and helps you learn more about healthy food choices and portion sizes, along with being physically active.
How it works for weight loss: Keri Gans, R.D., author of The Small Change Diet says the focus on lifestyle changes is important, both for weight loss and weight maintenance. “It teaches you about portion sizes and food choices, while not excluding any food groups, as well as including daily physical activity, all of which may play a huge role in weight loss,” she says. Worth noting: The Mayo Clinic says you may lose up to 10 pounds during the first two weeks, and one to two pounds during the second phase, depending on what your lifestyle was like before you went on the diet.
Noom is a subscription-based app that tracks a person's food intake and exercise habits. It helps categorize foods as potentially being helpful or detrimental to a person’s weight-loss goals and also offers up daily calorie goals. Users of the app are synched up with coaches to help guide them through their weight loss process. “It has one-on-one support, and the tech is very convenient,” says Jessica Cording, R.D., author of The Little Book of Game-Changers .
How it works for weight loss: The accountability aspect is “really helpful,” Cording says. Gans agrees. “If you are truthful and log everything you eat and drink via the Noom app, it will help guide you to stay within your daily calorie allotment,” she says. “It also focuses on low-calorie nutrient foods and provides a one-on-one coach via messaging, all valuable for tools for weight loss.”.
undefined undefinedGetty Images.
The Pescatarian diet is a mostly plant-based diet that still allows room for fish and other seafood. “It’s a mostly vegetarian diet, but with some fish,” Cording says. The emphasis is on eating whole, unprocessed foods, along with grilled or seared seafood for an overall healthy diet.
How it works for weight loss: “Fish is a pretty lean protein source,” Cording says. “When you compare that to somebody who was eating heavy amounts of red meat, you would expect to see some weight loss.” Gans stresses the importance of eating plenty of fruits, veggies, and 100% whole grains, along with “watching portion sizes and preparing your fish in a healthy way, i.e. broiled, grilled, or steamed.”.
The Paleo diet is still getting a lot of buzz, even though it's nearly impossible for modern-day humans to stick with this diet over the long-term. Based on the eating patterns of our Paleolithic ancestors, this diet requires a strict adherence to foods that would have been hunted and gathered, including lean meat, nuts and seeds, fruits and vegetables. While it cuts out processed foods, it also eliminates dairy, grains, beans and legumes. “Any diet that has a glaring list of what’s not allowed is going to be very hard to maintain,” says Bonnie Taub-Dix, R.D.N., creator of BetterThanDieting.com , author of Read It Before You Eat It . “You want a diet that makes you feel balanced both emotionally and physically.” While the elimination of processed food is a good thing, the complete elimination of healthy whole grains can leave you with a shortage of important vitamins and minerals , according to the Academy of Nutrition and Dietetics.
Sure, you can lose weight initially on this high-fat, low-carb diet, which puts your body into a state of ketosis —with no carbs to burn off for energy, your cells start burning off stored fat. But keeping your body in what is basically a crisis state is not a viable long-term plan, says Kristine Clark, Ph.D., a sports nutritionist at Penn State University, who also points out that the diet can lead to side effects such as headaches, muscle soreness, constipation, and fatigue.
Kale smoothies are suddenly hot, thanks to Adele's recent weight loss, which newspapers have linked to the strict Sirtfood diet . The diet focuses on the powers of foods that contain a group of proteins called sirtuins, including kale, red wine, strawberries, onions, soy, parsley, matcha tea, and oily fish such as salmon and mackerel. The first phase of the diet involves a lot of green juices and restricted calories, before you move into the maintenance phase. Restricting calories will always result in short-term weight loss, but there have been no independent studies backing up this diet.
Speaking of celebrity weight loss, no one has shown off a more dramatic change this year than Rebel Wilson, who says she's slimmed down with a combination of exercise and the Mayr Method , developed a century ago by an Austrian doctor. What we know about the diet seems legit—it involves reducing gluten and dairy, eating high-alkaline foods such as fish and vegetables, and eating slowly and mindfully (including chewing each bite of food at least 40 times!). To get the full Mayr experience, you have to visit a pricey clinic in Austria , so it's best to simply stick with a plant-based diet and remember to eat without distractions, says dietitian Amy Gorin, M.S., R.D.N.
Marisa Cohen Marisa Cohen is a contributing editor in the Hearst Lifestyle Group’s Health Newsroom, who has covered health, nutrition, parenting, and culture for dozens of magazines and websites over the past two decades.
Customer Service.
A Part of Hearst Digital Media Prevention participates in various affiliate marketing programs, which means we may get paid commissions on editorially chosen products purchased through our links to retailer sites.

**4.** <https://health.usnews.com/best-diet/best-weight-loss-diets>

If your goal is to find the best diet for sustainable, long-term weight loss, these easy-to-follow diets and meal plans, rated by an expert panel, are your best bet for reaching your target weight loss goals and maintaining it for a lifetime. Our panel of leading health experts, including nutritionists and doctors specializing in diabetes, heart health and weight loss, reviewed each diet and rated them for safe and effective weight loss.
Atkins Diet DASH Diet HMR Program Keto Diet Mayo Clinic Diet Mediterranean Diet Noom Paleo Diet WW (Weight Watchers) Diet.
Our panel of experts includes nutritionists and specialists in heart health, diabetes, human behavior and weight loss to help you choose the right diet for you.
While countless diets promote super-fast weight loss, most experts agree that slow and steady wins this race. Losing weight at a healthy, steady pace – about 1 to 2 pounds per week is best. Losing more than this can be dangerous. Losing weight too quickly can cause you to lose muscle and lower your metabolism . It can also set you up for nutrient deficiencies and other health issues. Scaling back portion sizes , eating on a regular schedule, swapping in more nutrient-dense food options and getting plenty of sleep and exercise are all good strategies for healthy and long-lasting weight loss.
Having someone else do the planning and cooking might make sticking with a diet a little easier. There are meal kit services for weight loss that may help you lose weight. If these kits don't work for you, keep it simple by choosing a protein, a starch and a vegetable each evening. You can also stick to a themed plan, such as soup on Mondays, Asian meals on Wednesdays and fish on Fridays.
The best weight loss meals are always those that you can prepare even when crunched for time and that you won't get bored with. When we deprive ourselves of diverse flavors and satisfying meals, we begin to crave nutrient-deprived snacks and sweets. No matter what, it's best to plan your meals ahead of time so that you're not scrambling to choose something that suits your diet at the last minute, when you're already starving and tempted by unhealthy food cravings.
The best vegetables for weight loss are the vegetables that you eat. Filling half of your plate with vegetables is one of the simplest and most effective things you can do to lose weight. Vegetables like leafy greens, cabbage and zucchini are nutrient dense and -- depending how they're prepared -- low in calories. Generally speaking, there is no such thing as a “bad” vegetable. If you're looking for guidance, shop seasonally. For example, during fall, consider autumnal vegetables like squash, sweet potatoes and other root vegetables. And if easy meal prep and budget play a role in your meal planning, you don't have to always buy fresh. Frozen and canned produce can be just as healthful -- just read the food labels to avoid added salt, sugars and other ingredients.
Some people find it easier to think of vegetables as a meal component rather than as a side dish or an afterthought. For example, try a vegetable soup or cauliflower-crust pizza. Challenge yourself to add vegetables to every meal or snack that you eat and keep track of how many different varieties you can eat in a day – you can even turn this into a friendly competition with your health-conscious friends.
Although there are many calculators and formulas that can help you to estimate how many calories you need, they are based on imperfect science. For the average woman, a good starting place is 1,500 calories and a good starting place for men is 2,000 calories. More petite, older and sedentary people might need fewer, while athletes, younger people, larger individuals or those who work an active job may need more. Long term, no one should eat fewer than 1,200 calories a day.
How much weight can you lose in a month?
Most experts advise not losing more than eight or so pounds a month. It is not uncommon to lose a bit more during the first month or so, although it should slow after a few weeks. The most sustainable weight loss is at this pace. The more weight that you have to lose, the faster it may come off at the beginning. Men also tend to lose weight more quickly than women. Remember that weight loss isn't the whole story, though. Pay attention to how your clothes fit, how you feel and your physical fitness to gauge how effective your chosen diet is for you.
Choosing a diet plan based on the overwhelming amount of information and ever-increasing number of diet plans can feel frustrating and complicated when you're looking for a straightforward solution. The truth is, many of these diets can be helpful to different people for different reasons, and the wide variety of diet plans means that everyone can find a plan that works for them. But for a more straightforward answer, the Mediterranean diet has ranked as U.S. News & World Report's #1 Best Diet Overall for five consecutive years, making it a great starting point for many people.
The Best Fast Weight-Loss Diets are popular for their promises to help you shed pounds without having to wait too long for results. But experts say that some of the top diets for losing weight quickly aren't good all-purpose diets and might not improve your overall health. Some of the best fast weight-loss diets are particularly restrictive, which makes them hard to stick to in the long term and may even cause other health problems. A healthy diet that includes all of the nutrients you need, along with exercise and good lifestyle habits, can help you lose weight and stay healthier overall.
The DASH diet stands for dietary approaches to stop hypertension, which is also known as high blood pressure . The National Heart, Lung and Blood Institute promotes that the DASH diet can help stop or prevent high blood pressure by emphasizing fruits, veggies, whole grains, lean protein and low-fat dairy. These foods contain nutrients like potassium, calcium, protein and fiber that are known to decrease blood pressure. The diet also emphasizes reducing excess sodium consumption . According to the American Heart Association, more than 100 million Americans have high blood pressure, making the DASH diet a good option for many Americans to consider.
Learn how to create a healthy eating plan that works for you with tips and tools from the U.S. News Health Team.
Sign up to receive the latest updates from U.S News & World Report and our trusted partners and sponsors. By clicking submit, you are agreeing to our Terms and Conditions & Privacy Policy .
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**5.** <https://www.everydayhealth.com/diet-nutrition/best-worst-diet-plans-for-weight-loss/>

**6.** <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752>

This content does not have an English version.
Appointments at Mayo Clinic.
By Mayo Clinic Staff.
Hundreds of fad diets, weight-loss programs and outright scams promise quick and easy weight loss. However, the foundation of successful weight loss remains a healthy, calorie-controlled diet combined with increased physical activity. For successful, long-term weight loss, you must make permanent changes in your lifestyle and health habits.
1. Make sure you're ready.
Long-term weight loss takes time and effort — and a long-term commitment. While you don't want to put off weight loss indefinitely, you should make sure you're ready to make permanent changes to eating and activity habits. Ask yourself the following questions to help you determine your readiness:.
Am I motivated to lose weight?
Am I too distracted by other pressures?
Do I use food as a means to cope with stress?
Am I ready to learn or use other strategies to cope with stress?
Do I need other support — either from friends or professionals — to manage stress?
Am I willing to change eating habits?
Am I willing to change activity habits?
Do I have the time to spend on making these changes?
Talk to your doctor if you need help addressing stressors or emotions that seem like obstacles to your readiness. When you're ready, you'll find it easier to set goals, stay committed and change habits.
2. Find your inner motivation.
No one else can make you lose weight. You must undertake diet and exercise changes to please yourself. What's going to give you the burning drive to stick to your weight-loss plan?
Make a list of what's important to you to help you stay motivated and focused, whether it's an upcoming vacation or better overall health. Then find a way to make sure that you can call on your motivational factors during moments of temptation. You might want to post an encouraging note to yourself on the pantry door or refrigerator, for instance.
While you have to take responsibility for your own behavior for successful weight loss, it helps to have support — of the right kind. Pick people to support you who will encourage you in positive ways, without shame, embarrassment or sabotage.
Ideally, find people who will listen to your concerns and feelings, spend time exercising with you or creating healthy menus, and share the priority you've placed on developing a healthier lifestyle. Your support group can also offer accountability, which can be a strong motivation for sticking to your weight-loss goals.
If you prefer to keep your weight-loss plans private, be accountable to yourself by having regular weigh-ins, recording your diet and exercise progress in a journal, or tracking your progress using digital tools.
3. Set realistic goals.
It may seem obvious to set realistic weight-loss goals. But do you really know what's realistic? Over the long term, it's smart to aim for losing 1 to 2 pounds (0.5 to 1 kilogram) a week. Generally to lose 1 to 2 pounds a week, you need to burn 500 to 1,000 calories more than you consume each day, through a lower calorie diet and regular physical activity.
Depending on your weight, 5% of your current weight may be a realistic goal, at least for an initial goal. If you weigh 180 pounds (82 kilograms), that's 9 pounds (4 kilograms). Even this level of weight loss can help lower your risk of chronic health problems, such as heart disease and type 2 diabetes.
When you're setting goals, think about both process and outcome goals. "Walk every day for 30 minutes" is an example of a process goal. "Lose 10 pounds" is an example of an outcome goal. It isn't essential that you have an outcome goal, but you should set process goals because changing your habits is a key to weight loss.
4. Enjoy healthier foods.
Adopting a new eating style that promotes weight loss must include lowering your total calorie intake. But decreasing calories need not mean giving up taste, satisfaction or even ease of meal preparation.
One way you can lower your calorie intake is by eating more plant-based foods — fruits, vegetables and whole grains. Strive for variety to help you achieve your goals without giving up taste or nutrition.
Get your weight loss started with these tips:.
Replace refined grains with whole grains.
Use modest amounts of healthy fats, such as olive oil, vegetable oils, avocados, nuts, nut butters and nut oils.
Cut back on sugar as much as possible, except the natural sugar in fruit.
5. Get active, stay active.
While you can lose weight without exercise, regular physical activity plus calorie restriction can help give you the weight-loss edge. Exercise can help burn off the excess calories you can't cut through diet alone.
Exercise also offers numerous health benefits, including boosting your mood, strengthening your cardiovascular system and reducing your blood pressure. Exercise can also help in maintaining weight loss. Studies show that people who maintain their weight loss over the long term get regular physical activity.
How many calories you burn depends on the frequency, duration and intensity of your activities. One of the best ways to lose body fat is through steady aerobic exercise — such as brisk walking — for at least 30 minutes most days of the week. Some people may require more physical activity than this to lose weight and maintain that weight loss.
Any extra movement helps burn calories. Think about ways you can increase your physical activity throughout the day if you can't fit in formal exercise on a given day. For example, make several trips up and down stairs instead of using the elevator, or park at the far end of the lot when shopping.
6. Change your perspective.
It's not enough to eat healthy foods and exercise for only a few weeks or even months if you want long-term, successful weight management. These habits must become a way of life. Lifestyle changes start with taking an honest look at your eating patterns and daily routine.
After assessing your personal challenges to weight loss, try working out a strategy to gradually change habits and attitudes that have sabotaged your past efforts. Then move beyond simply recognizing your challenges — plan for how you'll deal with them if you're going to succeed in losing weight once and for all.
You likely will have an occasional setback. But instead of giving up entirely after a setback, simply start fresh the next day. Remember that you're planning to change your life. It won't happen all at once. Stick to your healthy lifestyle and the results will be worth it. .
From Mayo Clinic to your inbox.
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Learn more about Mayo Clinic’s use of data.
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**7.** <https://www.healthifyme.com/blog/best-indian-diet-plan-weight-loss/>

144.
All you need to do is start eating right food. However, in India, this can feel like an insurmountable challenge, given our food culture and dietary habits. For instance, a typical Indian meal is high in carbohydrates and sugar – we eat a lot of potatoes, rice, and sweets.
We also love our snacks and can’t imagine a day without our fix of namkeens and bhujias. Even we encourage our friends and family into eating more, as a sign of hospitality and affection, and consider refusing, an extra helping a rebuff. To top it all, we’ve never embraced physical exercise as essential. So, it isn’t a surprise that India is battling with a growing problem of obesity.
But, the answer doesn’t lie in shunning Indian food in favour of foreign ingredients or fad diets. Moreover, you’ll find that the best Indian diet plan consists of foods that you’ve already got in your kitchen and which will enable you to lose weight by making a few changes to your diet.
Weight loss and gain revolve around caloric consumption and expenditure. Simply put, you lose weight when you consume fewer calories than you expend and you gain weight when you consume more calories than you sweat.
To drop those extra kilos, all you need to do is eat within your calorie budget and burn the required number of calories. So, a combination of the two works best suggested experts.
Get your daily requirement of calorie consumption and burn based on your lifestyle and dietary preferences, by signing up on HealthifyMe .
However, simply determining how many calories your body needs isn’t enough. After all, four samosas (600 calories), two slices of pizza (500 calories), and two gulab jamuns (385 calories) may be within your daily requirement of 1500 calories, but these unhealthy food choices will eventually lead to other health problems like high cholesterol and blood sugar.
To lose weight the healthy way, you also need to ensure your Indian diet plan is balanced i.e. it covers all food groups and provides all the nutrients you need necessary for good health.
Introducing Smart Weight Loss with HealthifyPro – The Future of Fitness is Here.
✔️ Know when to eat and when to burn with the Pro CGM.
✔️ Understand everything about your metabolism with the Pro Metabolic Panel.
✔️ Get a personalized fitness plan crafted by your Pro Coaches.
✔️ Measure 11+ parameters of weight loss with the Pro Smart Scale HealthifyWithPro now!
The Best Diet Plan for Weight Loss.
No single food provides all the calories and nutrients that the body needs to stay healthy. That’s why a balanced diet consisting of macronutrients like carbohydrates, protein, and fat along with micronutrients such as vitamins and minerals, is recommended.
The best Indian diet for weight loss is a combination of the five major food groups – fruits and vegetables, cereals and pulses, meat and dairy products, and fats and oils. Furthermore, knowing how to divvy up the food groups, allocate portion sizes, and the best/ideal time to eat is also equally important.
A lot can be spoken about what goes into an ideal diet chart. However, one’s nutritional requirement varies based on various factors. It could change depending on gender, for example, male dietary requirements vary from that of a female.
Geography can play a role as well, with North Indian diets being largely different from South Indian ones. So, here meal preferences come into play since the consumption of food by a vegetarian or a vegan differ largely from that by a non-vegetarian.
However, we have put together a diet plan ideal for weight loss with Indian food. This 7 day diet plan also known as a 1200 calorie diet plan is a sample, and should not be followed by any individual without consulting a nutritionist.
After starting your day with cucumber water, have oats porridge and mixed nuts for breakfast.
Next, have a roti with dal and gajar matar sabzi for lunch.
Weight Loss Diet Plan Chart – Day 2.
On the second day, eat a mixed vegetable stuffed roti along with curd for breakfast.
For lunch, have half a katori of methi rice along with lentil curry.
4:00 PM.
5:30 PM.
Weight Loss Diet Plan Chart – Day 3.
Breakfast on day 3 would include Multigrain Toast and Skim Milk Yogurt.
In the afternoon, have sauteed vegetables along with paneer and some green chutney.
Half a katori of methi rice and some lentil curry to make sure you end the day on a healthy note.
5:30 PM.
Lentil Curry (0.75 bowl) Methi Rice (0.5 katori).
Weight Loss Diet Plan Chart – Day 4.
Start Day 4 with a Fruit and Nuts Yogurt Smoothie and Egg Omelette.
Follow that up with Moong Dal, Bhindi Sabzi, and roti.
5:30 PM.
Palak Chole (1 bowl) Steamed Rice (0.5 katori).
Weight Loss Diet Plan Chart – Day 5.
Have a glass of skimmed milk and peas poha for breakfast on the fifth day.
Eat a missi roti with low fat paneer curry in the afternoon.
4:00 PM.
5:30 PM.
Weight Loss Diet Plan Chart – Day 6.
On Day 6, have idli with sambar for breakfast.
For lunch, roti with curd and aloo baingan tamatar ki sabzi.
Weight Loss Diet Plan Chart – Day 7.
On the seventh day, start with besan chilla and green garlic chutney.
Have steamed rice and palak chole for lunch.
4:00 PM.
Balanced Diet Plans for Weight Loss.
While creating a diet chart, it is important to make sure it is balanced and ensures that you receive all the required nutrients. Thus, include the following nutrients in your diet plan:.
1. Carbohydrates Diet Plan.
Carbs are the body’s main source of energy and should make up half of your daily calorie requirement. However, it’s important to choose the right type of carbs. Simple carbs, such as bread, biscuit, white rice and wheat flour, contain too much sugar and are bad for you.
Instead, opt for complex carbs that are high in fiber and packed with nutrients as compared to simple carbs. This is because Fiber-rich complex carbs are harder to digest, leaving you feeling full for longer, and are therefore the best option for weight control.
Most Indians fail to meet their daily protein requirement. This is troublesome, as proteins are essential to help the body build and repair tissue, muscles, cartilage and skin, as well as pump blood. Hence. a high protein diet can also help you lose weight, as it helps build muscle – which burns more calories than fat.
For instance, about 30% of your diet should consist of protein in the form of whole dals, paneer, chana, milk, leafy greens, eggs, white meat or sprouts. Having one helping of protein with every meal is essential.
A food group that has acquired a bad reputation, fats are essential for the body as they synthesize hormones, store vitamins and provide energy. Experts suggest one-fifth or 20% of your diet must consist of healthy fats – polyunsaturated, monounsaturated and Omega-3 fatty acids.
For example, using a combination of oils for different meals – including olive oil, rice bran oil, mustard oil, soya bean , sesame , sunflower and groundnut oil – along with restricted quantities of butter and ghee is the most optimal way to consume fats. But, you must avoid trans fats – that are found in fried snacks, completely for a balanced Indian Diet Plan.
Vitamin A , Vitamin E, Vitamin B12 , Vitamin D, calcium and iron are essential for the body as they support metabolism, nerve and muscle function, bone maintenance, and cell production. Since, these are primarily derived from plants, meat and fish, minerals can also be found in nuts, oilseeds, fruits and green leafy vegetables.
5. Indian Weight Loss Diet Plan Meal Swaps.
One of the easiest ways to eat healthy is to swap out the unhealthy foods from your Indian Diet plan is with its healthier alternatives.
For example, fulfil your cravings for a snack to munch on with air popped popcorn instead of relying on potato chips. So, it is great if you check out a few healthy meal swap options that you could try going forward.
Opt for 5-6 meals a day: Instead of three large meals, try having three modest meals and a few snack breaks in controlled portions for the day. Spacing your meals across regular intervals prevents acidity and bloating and also keeps hunger pangs at bay. So, quit your junk food habit by making healthier snacking choices in your indian diet plan.
Have an early dinner: Indians eat dinner later than the other societies across the world. Since metabolism slows down at night, a late dinner can lead to weight gain. Experts recommend you eat your last meal of the day by 8 pm.
Drink a lot of water: How does drinking more water help you lose weight? For starters, it’s zero calories. Also, drinking a glass of water can help curb hunger pangs. Have six to eight glasses of water daily to lose weight and also find a list of drinks that will help you lose weight here .
Eat a lot of fiber: A person needs at least 15 gm of fiber every day, as it aids digestion and heart health. Oats, lentils, flax seeds , apples and broccoli are some great sources of fiber.
In conclusion to everything stated above. you don’t necessarily have to ditch your regular food habits or make massive changes to your diet, all you need is to follow the best balanced Indian diet plan to get fit!
A. The 7 Day GM Challenge diet is a popular diet plan that helps you lose 5kgs to 7kgs of weight. You can have more information about this diet, here .
A. You can follow healthifyMe’s carefully curated, 1200 calorie diet plan to lose weight. .
A. There is no single best Indian food for weight loss. Any whole food found in its natural state can be suited for weight loss such as dals, pulses, nuts, seeds, spices etc.
Q. What drink helps burn fat?
A. There are no miracle drinks to burn fat. However, diet may include drinks like Jeera Water, lemon water, amla juice can help boost your metabolism and may help in getting rid of the excess fat.
Q. What is the most effective weight loss diet?
A. A diet which focuses on whole foods rich in nutrients is effective and sustainable if followed consistently. However, the above diet chart is highly effective to shed some kilos. .
Q. What are the 9 Rules to Lose weight?
A. Out of the many rules to lose weight, the 9 important ones are as follows – keep yourself hydrated, improve your eating habits, look for a suitable calorie deficit plan, include protein in your diet, workout regularly, keep yourself physically active, maintain a healthy lifestyle, allow yourself a cheat day, sleep better.
Q. Is Indian diet healthy?
A. Indian diets are diverse and many are healthy because they include varied cereals, pulses, fruits and vegetables and less meat consumption.
Q. Is banana good for weight loss?
A. Bananas are loaded with fiber that slows the digestion process, making you feel full and help in weight loss. However, bananas are high in calories as well so one needs to limit the portion size.
Q. What are the 5 foods you should not eat to lose weight?
A. There can be few foods that you can avoid to maintain your weight like Processed Food, Junk food, Alcoholic beverages, Sugary drinks and Desserts.
Q. How can I lose 5kg in a month on an Indian diet?
A. Burning fat depends on a lot of factors that must be considered before setting up a goal. Your current Age, BMI, Gender as well as lifestyle plays a key role in the process. However, you can follow our Best Indian Diet Plan for Weight Loss article which will help you in the process. .
A. Yes, Jeera Water is known to boost metabolism and burn fat. Explore more about Jeera Water here .
A. Losing 10 kgs in a month is not a healthy goal and can lead to nutritional deficiencies. Weight depends on a lot of criterions like Age, Gender, BMI, etc. Also, making some changes in your diet and lifestyle can help you lose weight. You can follow our Best Indian Diet Plan for Weight Loss to work dedicatedly towards the goal .
Q. What Indian food can I eat with type 2 diabetes?
A. You can eat foods like Brown Rice, Multigrain chapati, legumes and pulses, all leafy green vegetables etc. Consult your dietitian about the dos/don’ts before you add something to your diet plan. .
Q. What is the best Indian breakfast for diabetics type 2? .
A. Vegetable Oats or Moong Dal cheela can be one of the best Indian breakfast for type 2 diabetics. .
A. Yes, however, it can be a struggle. It is essential for you to consult a doctor before committing to a diet plan. .
Q. Does vegetarian diet promote weight loss?
A. One might think it is difficult for vegetarians to lose weight, because it is difficult for them to fulfil the protein intake. However, one might include curd, paneer and lentils in their diets. These are high-protein vegetarian foods that promote weight loss. .
4 weeks ago.
6 months ago.
Best diet plans i m suffering from high uric acid and thyroid plz suggest me diet plan according to my issues.
10 months ago.
Thanks for this diet plan for weight loss. It is really good for people who are willing to lose weight and make their life balance.
11 months ago.
Hello Payal, Chapati is a staple food in India, eaten as a major source of carbohydrates. Chapati when combined with a good protein source and fibre rich veggies can be used in weight loss diets. It is essential to limit the amount of chapatis as per the calorie budget.
9 months ago.
if you are going for low carb diet, you should avoid chapati. but if you are just trying to lose weight, i suggest roti made of bajra of jawari.
11 months ago.
Hello Sanjay, There is no healthy way that can help you achieve this goal. If you wish to shed some kilos, consult your nutritionist and fitness professional.
11 months ago.
Hello Sumathi, A suitable diet plan doesn’t restrict or hinder your daily eating habits. Though white rice is high in calories, you can have it in limited quantities when combined with good protein and fibre sources.
11 months ago.
Hello Pooja, Curd is an excellent fat burner. It is low in carb, high in protein and improves metabolism. Thus, contributing to weight loss.
11 months ago.
Hello Praveen, An effective way to reduce stomach fat is to eat a balanced diet, workout regularly and keep yourself hydrated.
11 months ago.
11 months ago.
Hello Sudha, Following a diet can seem tricky at first. So, we have curated a diet plan that would provide you with overall nutrients and also help you lose weight. Check out our article, Best Indian Diet Plan for Weight Loss.
1 year ago.
1 year ago.
I think it is working. Today is my third day following this above day chart and I am feeling very energetic and soft. It is well explained. Thanks. I will try this till the end, Let’s see what happens.
1 year ago.
This is a helpful diet plan easy and manageable. Will surely start from tomorrow and update the results. Thank you and keep writing. ????
1 year ago.
1 year ago.
Great post! Thank you for the insightful article. If you want to lose weight quickly, the easiest way is to eat green vegetables. Of course, all vegetables are good, but some are relatively better for weight loss-these are green vegetables. Green vegetables are nutritious: low in calories, rich in vitamins and minerals.
1 year ago.
I read this whole blog properly and i appreciate your diet plan. I will share this blog with my groups and i am sure it will be very helpful to all. Thanks and keep posting!
1 year ago.
2 years ago.
Thank you for sharing this beautiful article. Loved the day wise meal plan. Diet definitely plays a vital role in our weight loss journey.
2 years ago.
12 months ago.
I’m gonna start from today onwards so wish me luck 👍. I’ll follow all the following chart for diet.
2 years ago.
2 years ago.
2 years ago.
Hello, Awesome Article, and Your information about the samosas is very amazing and so much useful for me. Keep it up and thank you very much.:).
2 years ago.
9 months ago.
best substitute for egg will probably be chickpeas.it has high amounts of protein and fiber. you can make it into a paste, like how arabs do (hummus) or eat it with a low fat curry.
2 years ago.
I am glad that you put such proper Indian meals diet plan. As its hard to balance your diet with work life many a times. But with Indian food its would be easy. Thanks.
2 years ago.
The post looks very promising. I can see the carbs are kept low(rotis and rice esp) which is even more promising. But can you please update how much is a katori, bowl, cup measurement. I see everyone has a different sized katori. This is very misleading to people who tend to justify themselves to eat more (like me!!) and totally dont reap the benefits of these amazing diet plans. So, pleasssseeeeee….. can you give the measurement of food in gms? Also can Paneer be replaced with any lentils…(for south indians like me, it is a part of daily cooking to have lentils as source of protein instead of paneer) It will be great if you could tell how many gms of cooked/uncooked lentils can replace the paneer you have recommended. Last, but not least, I love the way the information is put across. Thanks a lot for your effort. cheers.
2 years ago.
Much valued, for sharing the surprising favorable circumstances of the power between time for weight decrease. It is more suitable than moderate exercise for weight decrease.
2 years ago.
For sharing the surprising favorable circumstances of the power between time for weight decrease. It is more suitable than moderate exercise for weight decrease.
2 years ago.
This is super helpful! It’s the kind of information I have been looking for and has solved lots of my problems. Thanks for sharing it☺️.
2 years ago.
2 years ago.
Thank you for sharing this amazing diet plan for weight loss. This 1200 calorie diet plan is very effective in weight loss. It also gives you ample delicious food to eat and enjoy the weight loss journey.
3 years ago.
I like the blog is the Indian Diet plan weight loss information is looking nice. thank you for share this blog.
3 years ago.
Thanks for sharing the information best diet plan of weight loss. we will use this plan in our daily life. Keep sharing.
I read your blog. It is really helpful and easy to understand. I am sure it will help everyone. Thanks for sharing your Knowledge and experience with us.”.
3 years ago.
Hey Navya, Thank you so much for such great information with us, it was absolute honour reading this article as you helped us with the Diet plan which looks quite simple to follow, I will surely look forward to following the plan and share my results with you as well and also share it with my friends and family as well for their reference.
3 years ago.
3 years ago.
Hi Mamata.. We are so grateful for your kind words. Thanks for sharing your feedback with us. Keep following our blogs.
3 years ago.
Thanks for sharing!! .I found a lot of interesting information here. A really good post, very thankful and hopeful that you will write many more posts like this one.
3 years ago.
This article is the best indian diet plan for weight loss i ever seen.I am a user of healthify app .It is best app for fitness i must say that. it helped me to track my calorie intake to reduce weight .
3 years ago.
Hi Alex, We are so grateful for your kind words. Thanks for sharing your feedback with us. Keep following our blogs.
3 years ago.
3 years ago.
Hi James, We are so grateful for your kind words. Thanks for sharing your feedback with us. Keep following our blogs.
3 years ago.
3 years ago.
We are glad to be of immense help Sunita. Thankyou for taking the time to review and leaving us this kind comment. 🙂.
3 years ago.
3 years ago.
3 years ago.
I have gone through your blog and it has amazing information. True lines of your blog can attract anyone toward Indian Breakfast. I like your information, and now a day’s very few people spread genuine information. I like to share it with my friends.
3 years ago.
Hi, We really appreciate you taking the time out to share your experience with us. Thank you so much for your kind words.
3 years ago.
3 years ago.
Great post! Thank you for the insightful article. If you want to lose weight quickly, the easiest way is to eat green vegetables. Of course, all vegetables are good, but some are relatively better for weight loss-these are green vegetables. Green vegetables are nutritious: low in calories, rich in vitamins and minerals.
3 years ago.
Hi Stormy, We are so grateful for your kind words. Thanks for sharing your feedback with us. Keep following our blogs.
3 years ago.
Hi, your article is very informative and easy to understand, really helps those who plan to shed extra pounds and live healthy.
3 years ago.
3 years ago.
Hi Devi, We really appreciate you taking the time out to share your experience with us. Thank you so much for your kind words.
3 years ago.
3 years ago.
3 years ago.
I subscribe to the healthifyme app. It monitors all my nutritional intake which really helps me stay fit. Thank you again for your informative blogs and wonderful app.
3 years ago.
MONDAY.
Breakfast: Sambar with 2 brown rice idlis/ Paneer sandwich with mint chutney.
Lunch: Whole-grain roti with mixed-vegetable curry with one dal.
TUESDAY.
Breakfast: Chana dal pancakes with mixed vegetables and a glass of milk/ bread and egg with fruits.
Lunch: Chickpea curry with brown rice/ Brown rice with dal.
WEDNESDAY.
Breakfast: Apple cinnamon porridge/ Vegetable uttapam with sambhar.
Lunch: Whole-grain roti with tofu/ non veg and mixed vegetables.
THURSDAY.
Breakfast: Yogurt with sliced fruits and sunflower seeds/ vegetable poha.
Lunch: Whole-grain roti with vegetable sabzi/ Dal with veg or non veg sabzi and brown rice.
FRIDAY.
Breakfast: Vegetable dalia and a glass of milk/ 3-4 dal paddu with sambar.
Lunch: Vegetable sambar with brown rice/ 2 multigrain roti with veg/non veg curry.
SATURDAY.
Breakfast: Multigrain parathas with avocado and sliced papaya/ dal paratha with mixed vegetables.
Lunch: Large salad with rajma curry and quinoa/ one bowl mixed vegetable kadai.
SUNDAY.
Breakfast: Buckwheat porridge with sliced mango/ fruit salad with a glass of milk.
Lunch: Vegetable soup with whole-grain roti/ one bowl millet and dal khichdi with multigrain roti.
3 years ago.
3 years ago.
Healthyfyme.com is literally the BEST weight loss community anywhere. I read it everyday and I am also so grateful as it helped me not only loose weight but keep it off in the long run, hope it helps some others.
3 years ago.
3 years ago.
3 years ago.
3 years ago.
Wow amazing post on diet food chart for fat loss . i will surely follow all your tip mentioned in this article. Thank you so much for writing on this topic much needed information.
3 years ago.
3 years ago.
3 years ago.
An outstanding share! I’ve just forwarded this onto a friend who has been doing a little homework on this.
And he in fact bought me breakfast simply because I found it for him….
lol. So let me reword this…. Thanks for the meal!! But yeah, thanks for spending.
4 years ago.
4 years ago.
Thank you for sharing this post. A must read the post about the best Indian diet plan for weight loss.
4 years ago.
Much appreciated, for sharing the astonishing advantages of the high-power interim for weight reduction. It is more viable than moderate exercise for weight reduction.
4 years ago.
5 years ago.
Excellent post, all I needed in one place. Keep it up guys! Kudos for taking time to the one to write this.
5 years ago.
Nice article! At the same time, I feel to gain weight you have to eat more that doesn’t mean to lose weight you need to eat less. There are certain things beyond permanently changing the eating habits that requires some changes in the lifestyle. It’s more based on personal care and attention to health.
5 years ago.
5 years ago.
Great blog on healthcare. I have read your blog and you explain everything so properly. Thanks for sharing such information.
5 years ago.
That is a good tip especially to those new to the blogosphere. Simple but very precise information… Thank you for sharing this one. A must read post!
Yoga.
At the heart of HealthifyMe’s platform is the World’s First & largest Indian Calorie Tracker, which allows users to track their food, exercise and weight, easily via their smartphone or computer while continuously analyzing the user’s data and provide powerful insights that ensure that users stay within their calorie/nutrition budgets.

**8.** <https://www.medicalnewstoday.com/articles/322345>

**9.** <https://www.goodhousekeeping.com/health/diet-nutrition/g4351/1200-calorie-diet-plan/>

To put together this weight loss meal plan that takes the guesswork out of prepping a full week's worth of healthy and delicious breakfast, lunch and dinner ideas, we consulted with registered dietitians. While 1,200 calories may be the right amount for some people, it can be very restrictive for most, says Stefani Sassos, M.S., R.D., C.D.N , deputy nutrition director for the Good Housekeeping Institute . Depending on your daily activity level , we suggest checking out our 1,300- , 1,400- , 1,500- and 1,800-calorie meal plans as well.
While this plan covers just seven days, many experts agree that long-term weight loss is only possible if you make healthy food choices on the regular and that yo-yo dieting can be hard on your health . It's true that maintaining a healthy weight is associated with a lower risk of certain chronic diseases and health issues , but your weight is just one of many factors that impacts your overall health. Implementing nutrient-dense foods into a well-balanced diet and staying hydrated are key and can have health benefits that go far beyond a number on the scale. When it comes to improving your eating habits, the simplest, fastest way to make impactful, lasting change is to form habits you can actually stick with for life.
It's also important to note that this plan uses 1,200 calories as a base; it is designed to be built upon by doubling, tripling or even quadrupling your servings of veggies at any opportunity and adding more fruits at snack time, too. You can also add on 1-5 ounces of protein at all meals if at any point you’re feeling like it’s just not enough food to keep you satisfied. The combo of fiber from produce and lean protein makes this an adaptable strategy that’ll help you lose weight safely — one meal at a time. You can consider complementing this plan with a daily multivitamin , too.
Weight loss, health and body image are complex subjects — before deciding to go on this diet, we invite you gain a broader perspective by reading our exploration into the hazards of diet culture .
Build a pita sandwich with 1 mini whole wheat pita, 3 ounces turkey breast, 1/2 roasted pepper, 1 teaspoon mayo, mustard and lettuce. Serve with 1 stick part-skim mozzarella string cheese and 2 kiwis .
Serve 4 ounces broiled flounder or sole with 2 sliced plum tomatoes sprinkled with 2 tablespoons grated Parmesan cheese, broiled until just golden. Eat with 1 cup cooked couscous and 1 cup steamed broccoli. Enjoy with a single-serve ice cream for dessert.
Blend 1 cup frozen berries, 1/2 banana, and 8 ounces of low- or fat-free milk into a smoothie . Grab 1 or 2 hard-boiled eggs on your way out the door.
Heat up 1 cup vegetarian vegetable soup and serve with 1 veggie burger on a slice of whole grain and seed toast or an English muffin. Pair with 1 cup of fresh grapes.
Brush 4 ounces boneless, skinless chicken breast with barbecue sauce and grill. Garnish chicken with chopped scallions and a squeeze of lime juice. Combine 2 heaping cups of sautéed spinach with garlic, olive oil and tomatoes and serve with 1/2 plain baked or sweet potato.
In the microwave, cook 1/2 cup quick-cooking oats with low-fat or unsweetened soy milk. Add 1/2 apple (sliced or chopped), 1 teaspoon honey and a pinch of cinnamon.
Brian LeatartGetty Images.
To make a chicken salad, toss 4 ounces shredded skinless roast chicken breast with 1/4 cup sliced red grapes, 1 tablespoon slivered almonds or nuts of choice, 1/4 cup chopped celery, 1 tablespoon mayonnaise and 1 tablespoon plain, unsweetened Greek yogurt. Serve over lettuce. Eat with 1 large piece of multigrain toast.
Serve 4 ounces steamed shrimp with 1 baked potato topped with 3 tablespoons salsa and 1 tablespoon unsweetened Greek yogurt, plus 3 cups spinach, steamed. Finish the meal off with 1 ounce of chocolate or a 100- to 150-calorie ice cream bar .
fcafotodigitalGetty Images.
Top 1 cup of plain or low-sugar Greek yogurt with 1 cup berries of choice and 1/3 cup low-sugar granola to make a simple but delectable yogurt parfait.
Heat 1 cup tomato soup and serve with a sandwich made with 1 mini whole-wheat pita , 3 ounces thinly sliced roast beef, 1 teaspoon horseradish, mustard, tomato slices and lettuce. Eat with 2 cups raw veggies and 1/4 cup of hummus.
Serve 4 ounces poached salmon with a slaw made by tossing 1 1/4 cups coleslaw mix and 2 sliced scallions with 1 tablespoon of rice vinegar and 1 1/2 teaspoons olive oil. Add spices, herbs and seasoning as desired. Pair with 1 cup of a 100% whole grain , like quinoa.
VeselovaElenaGetty Images.
Combine 1 cup Cheerios, 1/2 cup berries, 1 tablespoon slivered almonds and 6 ounces plain, unsweetened Greek yogurt in a bowl.
Make a quesadilla by spreading 1/4 cup fat-free refried beans over a 100% stone-ground corn tortilla. Sprinkle on 1 ounce shredded part-skim cheese. Top with salsa and another tortilla; microwave 45 seconds on high or grill. Serve with cucumber spears and 1/2 cup 2% cottage cheese or Greek yogurt topped with 2 clementines.
Serve 3 ounces roasted pork tenderloin with 1 cup baked acorn squash, mashed with a pinch of cinnamon; 2 to 3 cups salad greens with a dash of olive oil and as much vinegar as desired; and chocolate or a 100- to 150-calorie ice cream bar for dessert.
Toast a 100% whole-grain frozen waffle and spread 2 tablespoons nut butter on top. Add 1 small sliced banana plus cinnamon and nutmeg. Serve with 8 ounces fat-free milk.
StockFoodGetty Images.
Make a tuna pita with one mini whole-wheat pita, 2 ounces water-packed tuna, 1 tablespoon mayonnaise, mustard, cucumber and onion slices. Serve with 10 baby carrots and 2/3 cup plain, unsweetened Greek yogurt with a small pear.
Getty Images.
Make jambalaya by combining 3/4 cup cooked brown rice with 1/2 cup corn, 2 ounces cooked sliced turkey sausage, 1/3 cup salsa and 1/4 cup no-salt-added black or navy beans until heated through. Eat with 3 cups spinach sautéed with garlic in 1 tablespoon olive oil.
Layer 1/2 toasted English muffin with 1 ounce reduced-fat sliced cheese, 1 sliced tomato sliced, 1 cup steamed and drained spinach and 1 poached egg . Serve with one grapefruit.
lenazapGetty Images.
Make black bean salad by tossing 1/2 cup canned black beans, 1/2 cup orange slices, chopped red bell peppers, red onion, scallions and any other desired veggies with 1 teaspoon vinegar. Serve over salad greens and alongside one 100% stone ground corn tortilla and a piece of fruit.
Serve 3 ounces broiled or grilled flank steak with one baked sweet potato with 1 teaspoon butter, 1 cup steamed zucchini and 1 1/2 cup berries.
RELATED: 100+ Best Healthy Dinner Ideas You'll Want to Make Tonight.
SHOP AT GOOD HOUSEKEEPING.
Learn more about how to safely lose weight and love the food you're eating with 1,200 Calories and More: The Complete Guide to Building Your Perfect Weight-Loss Meal Plan from Good Housekeeping — choose from our 14-day, 21-day and 28-day menu plans.
Giveaways.
A Part of Hearst Digital Media Good Housekeeping participates in various affiliate marketing programs, which means we may get paid commissions on editorially chosen products purchased through our links to retailer sites.

**10.** <https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/12-tips-to-help-you-lose-weight/>

Credit:.
monkeybusinessimages / Thinkstock https://www.istockphoto.com/gb/photo/person-at-breakfast-looking-at-recipe-app-on-digital-tablet-gm486507818-73016847 The stock library no longer exists. Image was incorporated into the webpage during the subscription term and can be used indefinitely in the same page - subject to thinkstock subscription rules.More info is at the bottom of this page regarding ThinkStock licensing: https://confluence.service.nhs.uk/display/VP/Photography+stock+sites.
Get off to the best possible start on the NHS weight loss plan with these 12 diet and exercise tips.
Skipping breakfast will not help you lose weight. You could miss out on essential nutrients and you may end up snacking more throughout the day because you feel hungry.
2. Eat regular meals.
Eating at regular times during the day helps burn calories at a faster rate. It also reduces the temptation to snack on foods high in fat and sugar.
Find out more about eating heathily.
Fruit and veg are low in calories and fat, and high in fibre – 3 essential ingredients for successful weight loss. They also contain plenty of vitamins and minerals.
Being active is key to losing weight and keeping it off. As well as providing lots of health benefits , exercise can help burn off the excess calories you cannot lose through diet alone.
5. Drink plenty of water.
People sometimes confuse thirst with hunger. You can end up consuming extra calories when a glass of water is really what you need.
Foods containing lots of fibre can help keep you feeling full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg, oats, wholegrain bread, brown rice and pasta, and beans, peas and lentils.
7. Read food labels.
Knowing how to read food labels can help you choose healthier options. Use the calorie information to work out how a particular food fits into your daily calorie allowance on the weight loss plan.
Using smaller plates can help you eat smaller portions. By using smaller plates and bowls, you may be able to gradually get used to eating smaller portions without going hungry. It takes about 20 minutes for the stomach to tell the brain it's full, so eat slowly and stop eating before you feel full.
Do not ban any foods from your weight loss plan, especially the ones you like. Banning foods will only make you crave them more. There's no reason you cannot enjoy the occasional treat as long as you stay within your daily calorie allowance .
To avoid temptation, do not stock junk food – such as chocolate, biscuits, crisps and sweet fizzy drinks – at home. Instead, opt for healthy snacks, such as fruit, unsalted rice cakes, oat cakes, unsalted or unsweetened popcorn, and fruit juice.
11. Cut down on alcohol.
A standard glass of wine can contain as many calories as a piece of chocolate. Over time, drinking too much can easily contribute to weight gain.
Try to plan your breakfast, lunch, dinner and snacks for the week, making sure you stick to your calorie allowance. You may find it helpful to make a weekly shopping list.
More in Managing your weight.

**maca root**

**1.** <https://www.healthline.com/nutrition/benefits-of-maca-root>

By Jillian Kubala, MS, RD and Hrefna Palsdottir, MS — Medically reviewed by Amy Richter, RD , Nutrition — Updated on January 6, 2022.
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Maca is a plant that some populations in Peru have used for thousands of years as a food and medicine (.
In the last few decades, maca has grown in popularity around the world as a natural remedy for certain health issues, including infertility and low sex drive.
This article explains what maca root is, highlights 4 potential benefits, and answers whether it’s safe to add to your diet.
What is maca?
Maca is a cruciferous vegetable related to broccoli, cauliflower, cabbage, and kale.
In fact, Andean people have cultivated maca for more than 2,000 years. It’s one of the few edible plants that can survive the harsh weather conditions above 4,000 meters (13,123 feet) in the Peruvian Andes (.
Traditionally, the Andean people used maca as a food, consuming it in a fermented drink or porridge. Additionally, the Andean people used maca as a natural medicine to treat various health conditions, such as respiratory conditions and rheumatic disease (.
The demand for maca products has grown in recent years, likely because of claims that the plant can promote libido and fertility.
Because of the rise in worldwide demand for maca, people have begun to mass-produce this plant in other parts of the world, including the mountainous Yunnan province in China (.
Maca root, the part of the plant most commonly used, contains fiber, amino acids, vitamins, and minerals.
It also contains other bioactive compounds, including macamides, macaridine, alkaloids, and glucosinolates, which are thought to be responsible for maca’s medicinal benefits (.
Even though people claim maca supports health in many ways, research is currently limited and study findings on its effects have been mixed. More research is needed on maca’s effectiveness.
Summary.
People in Peru have used maca for thousands of years as food and a natural medicine. It has become popular worldwide in the past few decades, particularly for its uses for fertility and libido.
1. May increase libido .
A 2015 study in 45 women who were experiencing antidepressant-induced sexual dysfunction found that taking 3,000 mg of maca root per day for 12 weeks significantly improved sexual function and libido compared with a placebo (.
A 2010 review that included four high quality studies with a total of 131 participants found evidence that taking maca improved sexual desire after at least 6 weeks (.
However, the researchers noted that the studies included in the review were small and that evidence was too limited to draw firm conclusions.
Even though this research is promising, it’s currently unclear whether maca has any real benefit for treating low libido or sexual dysfunction .
Limited evidence suggests that maca may help improve sexual desire in some people. However, research is limited at this time.
2. May improve certain aspects of fertility in males.
For example, studies have shown that taking maca may help improve sperm concentration, or the number of sperm per milliliter of semen. Sperm concentration is closely linked to male fertility (.
A 2020 study assessed the effects of maca in 69 men diagnosed with mild low sperm count or reduced sperm motility. Sperm motility is the ability of sperm to swim properly.
Taking 2 grams of maca per day for 12 weeks significantly improved semen concentration compared with a placebo treatment. However, there was no significant difference in sperm motility between the treatment and placebo groups (.
While these results are promising, research is limited at this time. Well-designed studies are needed to investigate the effects of maca supplements on semen quality and other aspects of male fertility.
Summary.
Maca may help improve certain aspects of sperm quality. However, more research is needed to fully understand how maca affects male fertility.
3. May help relieve symptoms of menopause.
The natural decline in estrogen that occurs during this time can cause a range of symptoms, some of which people may find unpleasant. These include hot flashes , vaginal dryness, mood swings, sleep problems, and irritability.
Some studies suggest that maca may benefit people who are going through menopause by helping alleviate some symptoms, including hot flashes and interrupted sleep (.
A 2011 review that included four high quality studies found some evidence that maca treatment has favorable effects on menopause symptoms.
However, the researchers noted that there’s not enough evidence to determine the safety or effectiveness of maca for treating menopause symptoms (.
Summary.
According to limited findings, maca may help reduce some menopausal symptoms. However, there’s not enough evidence to determine whether maca is safe or effective for treating menopause symptoms in everyone.
4. May improve mood and energy.
A 2016 study in 175 people living at either low or high altitudes demonstrated that taking 3 grams of red or black maca per day for 12 weeks improved mood and energy scores compared with a placebo (.
What’s more, a 2015 study in 29 postmenopausal Chinese women found that treatment with 3.3 grams of maca per day for 6 weeks reduced symptoms of depression compared with a placebo treatment (.
Additionally, older research findings suggest that maca may be helpful for reducing symptoms of anxiety and depression in postmenopausal women (.
Although maca may have a beneficial effect on mood and energy levels, there’s currently not enough evidence to draw firm conclusions.
Summary.
Some evidence suggests that maca may help improve energy and positively affect mood. However, research is limited at this time.
Other potential health benefits.
However, initial findings from animal studies suggest maca may affect health in the following ways:.
May help preserve cognitive function. Rodent studies have demonstrated that maca helps improve cognitive function and motor coordination and may help slow age-related cognitive decline (.
May benefit benign prostatic hyperplasia (BPH). Findings from animal studies suggest that maca may help reduce inflammatory proteins and inhibit BPH or enlargement of the prostate (.
May benefit skin health. Maca has been shown to speed up wound healing, and an older study found that it protected against UV damage when applied to the skin of animals (.
Keep in mind that there’s currently no evidence that these potential benefits apply to humans, so research in humans would be needed to investigate them.
Summary.
Safety and side effects.
A 2016 study in 175 people found that taking 3 grams of red or black maca per day for 12 weeks was well tolerated and not associated with serious adverse effects (.
Traditional methods people have used to consume maca, such as boiling and then eating or drinking it, have not been linked to adverse effects, either (.
Currently, it’s not known whether maca is safe to consume during pregnancy or breastfeeding, so those who are pregnant or breastfeeding should speak with their healthcare team before taking maca.
Summary.
Maca is considered safe for most people. However, if you have a health condition or are pregnant or breastfeeding, speak with a trusted healthcare professional before taking maca. It may not be appropriate or safe for everyone.
How to use maca.
You can add maca powder to smoothies, oatmeal, baked goods, energy bars, and more. It has a nutty, butterscotch-like taste, so it pairs well with many sweeter flavors.
The optimal dose for medicinal use has not been established. However, the dosage of maca root powder used in studies generally ranges from 1.5–3 grams per day.
You can find maca in some supermarkets, at health food stores, and through various online retailers. There is also a very good selection available on Amazon with thousands of reviews.
If you want to make sure you choose higher quality maca or get a personalized dosage recommendation, speak with a qualified healthcare professional such as a registered dietitian or physician.
Summary.
The bottom line.
Although research on the potential health effects of maca is limited, some evidence suggests that taking maca supplements may help improve certain aspects of sexual health and fertility and may help reduce menopause symptoms and improve mood in certain people.
However, scientists need to study maca more extensively before it can be recommended for treating any health condition or symptom.
If you’re interested in taking maca, consult a healthcare professional first. They can help you determine whether maca is the right choice for your health needs.
Just one thing.
Try this today: Add maca powder to energy balls for a delicious and filling snack option. You can find many recipes for energy balls online to suit your tastes. In them, you can combine maca with nutritious ingredients such as hemp, cacao, and flaxseed.
By Jillian Kubala, MS, RD and Hrefna Palsdottir, MS — Medically reviewed by Amy Richter, RD , Nutrition — Updated on January 6, 2022.
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**2.** <https://www.webmd.com/diet/ss/slideshow-diet-maca-root>

1/13.
It looks like the love child of a potato and white radish. It grows wild in the frigid ground of the Andes mountains thousands of feet above sea level in Peru. And it has a nutty, slightly butterscotch-y taste. Maca root, which comes from the mustard plant family, is a nutritional powerhouse. But just how super is this superfood?
2/13.
Maca root goes by many names, including maca-maca, maino, ayak chichira and ayak willku. It's also called Peruvian ginseng, which can be misleading because maca is a vegetable and ginseng is an herb. Both have a reputation for giving big boosts of energy. But more research is needed to back this up.
3/13.
People in the Andes have grown maca for thousands of years. They use the root as a food supplement as well as a traditional medicine for everything from fertility problems to fragile bones and poor memory. In recent years, maca has been popping up more often on health food store shelves.
4/13.
Maca is claimed to be an adaptogenic plant, which means it gives your body the ability to adapt to or resist what's going on in and around it, like anxiety, stress, and depression. Researchers don’t know exactly how maca works on the body. Some scientific evidence suggests that it can give you a shot of energy.
5/13.
Maca has a reputation as an aid for sex and reproductive issues. Some people believe it can rev up sex drive in men and women, boost sperm count, improve erections, and ease menopausal symptoms. The fact is that those claims are backed by little or no scientific evidence.
6/13.
A small number of studies have suggested that maca may help ease hot flashes and other postmenopausal symptoms in women. But the evidence isn’t robust. Some studies also found that women and men who took maca extracts showed a significant uptick in their self-reported levels of sexual desire. Other studies did not find this effect.
7/13.
What’s undisputed is maca’s nutritional benefits. It packs high levels of iron and iodine to promote healthy cells and to help keep your metabolism on track. Its big doses of potassium help digestion and make muscles happy. Maca is also rich in calcium, amino acids, vitamins, and minerals.
8/13.
Peruvians dry maca naturally and then boil it and drink the juice. As a supplement, maca is sold as a powder you can add to foods or drinks. It also comes as gelcaps.
9/13.
We don’t have enough research to know how much is safe and how much you need to benefit from it. Maca supplements can vary widely in quality and their active ingredients. Bottom line is that there is no standard dose.
10/13.
Maca is generally considered safe as a food or as a supplement if you don’t take more than 3 grams (less than a teaspoon) a day for up to 4 months. But more tests are needed to know if and at what doses it can cause harm in pregnant or nursing women, children, or people with liver or kidney diseases.
11/13.
You can buy maca in powder or capsule form at health food stores, specialty grocery stores, and through various vendors online. .
12/13.
To get the most out of your maca, don't bake with it or add it to hot foods or drinks -- it loses its nutritional punch. Work it into raw foods instead, like no-bake energy treats or smoothies, or put it on top of cooked foods, like oatmeal.
13/13.
If you're on blood thinners, maca may not be right for you. It has so much vitamin K -- which helps your blood form clots -- that it may counteract your medication. Ditto that for men with elevated blood PSA (prostate specific antigens), who should stay away from maca. The plant’s extracts might act like estrogen, so avoid it if you have hormone-sensitive conditions like breast, uterine, and ovarian cancers or endometriosis.
SOURCES:.
Cleveland Clinic: "How Maca May Help Your Find a Healthy Balance (Infographic),” “Natural Products: Western Herbs Traditional Chinese Herbs Supplements Vitamins & Minerals.”.
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Phytotherapy: “Adaptogenic Plants.”.

**3.** <https://www.verywellhealth.com/ways-maca-may-benefit-your-health-89573>

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Arno Kroner, DAOM, LAc, is a board-certified acupuncturist, as well as an herbalist and integrative medicine doctor. He operates a private practice in Santa Monica, California.
What to Look For.
Maca (Lepidium meyenii) is the root of a vegetable native to the Andes region of Peru. Maca root is also known as "Peruvian ginseng," even though it doesn't belong to the same botanical family as ginseng . Maca is consumed as a food and is said to boost energy and libido.
Typically added to smoothies, juice, and shakes, the ground root powder can also be used as an ingredient in coffee, chocolate, or oils. In Peru, whole maca root is often added to soup and oatmeal, roasted and consumed as a vegetable, or made into a fermented beverage known as "chica de maca.".
This article discusses the potential uses of maca root. It also covers risk factors and side effects of taking this supplement.
Dietary supplements are not regulated in the United States, meaning the FDA does not approve them for safety and effectiveness before products are marketed. When possible, choose a supplement that has been tested by a trusted third party, such as USP, ConsumerLabs, or NSF. However, even if supplements are third-party tested, that doesn't mean that they are necessarily safe for all or effective in general. It is important to talk to your healthcare provider about any supplements you plan to take and to check in about any potential interactions with other supplements or medications.
Active Ingredient(s): Glucosinates.
Alternate Name(s): Ayak Chichira, Ayuk Willku, Ginseng Andin, Ginseng Péruvien, Lepidium meyenii, Lepidium peruvianum, Maca Maca, Maca Péruvien, Maino, Maka, Peruvian Ginseng, Peruvian Maca.
Legal Status: Not regulated by the FDA.
Suggested Dose: No suggested recommended dose for all health conditions.
Safety Considerations: Not recommended during pregnancy, lactation or childhood. If taking a hormone replacement, please talk with your healthcare provider.
Uses of Maca Root.
Supplement use should be individualized and vetted by a healthcare professional, such as a registered dietitian, pharmacist, or doctor. No supplement is intended to treat, cure, or prevent a disease.
Research on the potential health benefits is limited. While maca root has been studied in lab and animal studies for certain health conditions, there is NOT enough evidence to 100% support its use for any of these conditions due to lack of human clinical research and small sample sizes. More research is needed.
Here is a look at findings from available human research:.
A randomized, double-blind clinical trial with 50 men who were affected by mild erectile dysfunction (ED) were randomized into either the treatment group (given 2.4 grams (gm) of maca) or the placebo (an inactive pill) group. After 12 weeks of treatment, both groups had improvement in their symptoms; however, the treatment group given the maca had higher erectile function scores. Researchers encouraged more research on this topic due to the small sample size and limited time period.
In a report published in BMC Complementary and Alternative Medicine, researchers analyzed four previously published clinical trials on the use of maca for improving sexual function. While some of the studies found that maca may have positive effects on issues like low sexual desire and erectile dysfunction, the researchers concluded that the total number of trials, the total number of patients, and the quality of the studies were too limited to draw firm conclusions. They also noted that there is insufficient knowledge of the risks of maca intake.
In a 2002 study, researchers found that maca may improve libido in men. Subjects were given either 1,500 milligrams (mg) or 3,000 mg of maca or placebo for 12 weeks. They found both doses of maca increased sexual desire better than placebo and did not increase testosterone or estrogen levels.
Maca may alleviate antidepressant-induced sexual dysfunction in women , according to a 2015 study published in Evidence-Based Complementary and Alternative Medicine. Certain antidepressants are known to cause problems such as low libido, vaginal dryness, and difficulty reaching orgasm.
In this double-blinded, placebo-controlled study, 45 women who were taking antidepressant medications known as SSRIs (selective serotonin reuptake inhibitors) or SNRIs (serotonin-norepinephrine reuptake inhibitors) took either maca root (3.0 gm/day) or a placebo. At the end of the 12-week study, those taking maca had lower rates of sexual dysfunction. Researchers encouraged more studies that had larger sample sizes and less subjective forms (e.g., self-report) of date tracking.
May Improve Sperm Concentration and Motility in Men.
In a small double-blind, randomized, placebo-controlled study published in Evidence-Based Complementary and Alternative Medicine in 2015, semen quality and hormone levels were measured after 20 men were given maca (1.75 gm/day) or a placebo.
After the 12-week study period, there were no significant changes in sperm counts, motility (how well sperm move), and hormone levels, though sperm concentration and motility showed some improvement.
May Decrease Depression in Women.
Maca may help to improve mood in depression, according to a study published in Climacteric in 2015.
In this double-blind, randomized, placebo-controlled pilot study, 29 postmenopausal women were given maca (3.3 gm/day) for six weeks. Compared to those taking a placebo, researchers found decreases in reported depressive symptoms in the women taking maca.
What Are the Side Effects of Maca Root?
Consuming a supplement like maca root may have potential side effects. These side effects may be common or severe. Little is known about the safety and risks of short-term or long-term use of maca.
Maca's effect on hormone levels is poorly understood. For instance, some studies have found no effect on sex hormones, while animal studies have reported higher levels of luteinizing hormone , progesterone, and testosterone.
Because of these possible hormonal effects, if you have one of the following conditions, you should not take maca without consulting your healthcare provider:.
As with many other supplements, maca hasn't been tested for safety in children or people who are pregnant or lactating, and because of this lack of information should not be taken. If you are taking any hormone treatments , you should talk with your healthcare provider before taking maca root.
Dosage: How Much Maca Root Should I Take?
Always speak with a healthcare provider before taking a supplement to ensure that the supplement and dosage is appropriate for your individual needs.
There is not enough evidence to determine a standard or appropriate dose of maca root. Studies investigating maca root have used varying amounts, although research subjects are generally under medical supervision. More research is needed on dosages for specific health needs and populations. Alternative medicine practitioners recommend starting with 3 grams (1 tablespoon of powder) and working your way up to 9 grams per day, but more research is needed.
What Happens if I Take Too Much Maca Root?
As a rule of thumb, never take more maca root than the manufacturer's recommended dosage. This is true for any of its forms! If you experience side effects of any sort, stop taking maca root and call your heatlh care provider.
Interactions.
It is essential to carefully read the ingredient list and nutrition facts panel of a supplement to know which ingredients and how much of each ingredient is included. Please review this supplement label with your healthcare provider to discuss any potential interactions with foods, other supplements, and medications.
Maca may interfere with testosterone immunoassays (a way of measuring testosterone), so that you do not get the right results. Note that this was in one case report. Please talk with your healthcare provider before taking maca root especially if you are having any tests or taking any hormone replacement therapy.
How To Store Maca Root.
Frequently Asked Questions.
It has a nutty and earthy flavor and smells like butterscotch.
Is it OK to take maca root when I am pregnant?
No, it is not recommended to take maca root when pregnant as there is not enough research on the safety at this time.
Sources of Maca Root & What to Look For.
Maca is sold as a powder, in capsules, as gelatin, and as a tincture and is sold in health food stores. It is also sometimes added to foods. Its nutty, earthy flavor pairs well with cinnamon.
There are no guidelines for the appropriate use of maca in any form. Dietary supplements like maca root are not strictly regulated by the Food and Drug Administration (FDA).
Summary.
Maca root is a power often added to food and has been studied to help with sexual dysfunction and depression, yet more studies are still needed to prove these health benefits.
Little is known about the short- and long-term side effects of taking maca root, so you should consult your healthcare provider before trying the supplement. Children, pregnant or lactating individuals, and those with hormone-sensitive conditions should be especially careful.
Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.
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By Cathy Wong.
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**4.** <https://www.amazon.com/Organic-Maca-Black-Yellow-Serving/dp/B01M362DU7>

We have no data for this page, because it isn't accessible for our crawler.

**5.** <https://www.medicalnewstoday.com/articles/322511>

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Side Effects and Precautions.
Despite being revered for its medicinal properties for thousands of years, maca root is one of the newest remedies to take center stage in the natural health community, and its newfound superfood status is well-deserved. Researchers are continually turning up new health benefits associated with this powerful root vegetable.
It’s also considered an “ adaptogen ,” a name given to certain herbs, plants and natural substances that help the body naturally adapt to stressors like a busy schedule, demanding job or illness.
Not only that, but maca provides a host of important micronutrients and is jam-packed with antioxidants, and it has been shown to improve sexual health, balance hormone levels, and boost energy, mood and memory.
What is maca? Known by its scientific name, Lepidium meyenii, maca is a type of cruciferous vegetable native to the Andes of Peru. Maca has a similar appearance and size as radishes or turnips with green tops and roots that range in color from yellow to purple and black.
The pleasant-tasting root, or hypocotyls, is usually available in powder form after being harvested and grounded down. Not only is it a natural source of healing nutrition, but it also has a long history of being a safe superfood that has been consumed for its health benefits for thousands of years in regions of the Andes Mountains.
The use of maca can be traced back over 3,000 years. Historically, this root vegetable was used by ancient Peruvians as a form of currency for trade and was also treasured for its medicinal properties. It was used to treat an array of ailments, such as menstrual problems, menopause, stomach cancer, fatigue, stress and anemia. It is even said that Incan warriors filled up on maca root before heading into battle to boost their stamina and strength.
During the period when the Inca civilization was flourishing in the Andes region, maca was considered to be incredibly valuable. In fact, its use was even restricted and reserved for royalty only. It was later imported to Spain and used by Spanish royalty to enhance energy levels and supply extra nutrients.
Today, maca is consumed primarily in powder or capsule form. Traditionally, however, the fresh root was cooked and then consumed, as Peruvians believed that eating raw maca could cause digestive and thyroid issues.
Maca root acts as a natural antioxidant , boosting levels of antioxidants like glutathione and superoxide dismutase in the body. Antioxidants help neutralize harmful free radicals, fighting off chronic disease and preventing damage to cells.
One test-tube study in 2014 demonstrated that polysaccharides extracted from maca had high antioxidant activity and were effective in fighting free radical damage .
An animal study in the Czech Republic even found that administering a concentrated dose of maca to rats not only improved their antioxidant status, but also significantly decreased levels of cholesterol and triglycerides in the liver and reduced blood sugar, helping prevent the development of chronic disease. Meanwhile, another test-tube study showed that the antioxidant content of maca leaf extract could even protect against neurological damage.
Improving your antioxidant status may be beneficial for preventing conditions like heart disease, cancer and diabetes by preventing oxidative stress and cell damage. However, despite these promising results, more studies are needed to understand how the antioxidants in maca root may affect humans.
Those who regularly use maca powder report that it makes them feel more awake, energized and driven, often relatively quickly after beginning to use it. Plus, maca can help increase energy without giving you the “jitters” or a sense of shakiness like high level of caffeine can.
Clinical trials have shown that maca may positively impact energy and stamina. Maintaining positive energy levels can also help improve mood, and some early studies have even found that maca may reduce symptoms of depression.
It remains unclear exactly how maca increases energy levels , but it’s believed to help prevent spikes and crashes in blood sugar and maintain adrenal health, which regulates mood and energy throughout the day. Keeping energy levels up may also help prevent weight gain as well.
Several studies have also found that maca root benefits memory and focus . In fact, two animal studies in 2011 found that black maca was able to improve memory impairment in mice, likely thanks to its high antioxidant content.
Maca root may be able to improve sexual dysfunction and boost sex drive in women. One study looked at the effects of maca root on post-menopausal women with sexual dysfunction caused by the use of antidepressants. Compared to a placebo, maca root was able to significantly improve sexual function. Another study had similar findings, reporting that maca was well-tolerated and able to improve libido and sexual function.
A study in 2008 also found that maca root benefits both psychological symptoms and sexual function in post-menopausal women. In fact, maca was able to reduce menopause-associated depression and anxiety after six weeks of treatment.
Maca is also able to balance female sex hormones and has even been shown to alleviate symptoms of menopause . Balancing hormone levels is crucial to many aspects of reproductive health and can help reduce symptoms like infertility, weight gain and bloating.
Estrogen is the primary female sex hormone responsible for regulating the reproductive system. An imbalance in this vital hormone can cause a slew of symptoms ranging from bloating to irregular menstrual periods and mood swings. Estrogen levels that are too high or low can also make it difficult for a woman to ovulate and become pregnant.
Maca root can help balance hormone levels and control the amount of estrogen in the body. One study published in the International Journal of Biomedical Science gave 34 early post-menopausal women a tablet containing either maca or a placebo twice daily for four months. Not only did maca help balance hormone levels, but it also relieved symptoms of menopause , such as night sweats and hot flashes, and even increased bone density.
In addition to reducing symptoms of menopause, regulating estrogen levels may also help with improving reproductive health and fertility and decreasing symptoms related to conditions like polycystic ovary syndrome (PCOS), such as excess hair growth, weight gain and acne.
So what about maca root for men? While studies don’t support the claim that maca boosts testosterone levels , they do show that maca powder benefits male sexual health and fertility.
One study out of Peru found that supplementing with maca for eight weeks increased sexual desire in men. Meanwhile, another study in 2001 noted that maca helped improve sperm quality and motility, two important factors when it comes to male infertility .
Maca root powder is an excellent source of protein, fiber and several vitamins and minerals, including vitamin C , copper and iron. It also contains over 20 amino acids — including all eight essential amino acids — and plenty of health-promoting phytonutrients . It also contains many beneficial plant compounds, including glucosinolates and polyphenols, and is a popular choice for the vegan diet .
By this point, you’re probably wondering: “Where can I buy maca? And can I buy organic maca?”.
Thanks to its growing popularity, maca is widely available at health stores, pharmacies and even online retailers. It can also be found in capsule, liquid, powder or extract form. All forms are thought to be equally beneficial, but it is best to buy maca from a quality harvester that ensures its 100 percent pure maca root powder. Ideally, including for maca extract, you should also look for a variety that is raw and organic.
Additionally, maca is categorized based on the color of its roots and is most commonly yellow, black or red. All colors of maca have similar benefits, although specific maca types and colors are thought to be more beneficial for certain medical conditions. Red maca powder is the most common supplement form. Gelatinized maca powder is sometimes referred to as maca flour.
Maca tends to have an earthy, slightly nutty taste with a hint of butterscotch that works especially well when added to oatmeal or cereal. The flavor can also vary based on the type of maca, with black maca being a bit more bitter and cream-colored roots having an even sweeter taste. Maca powder can be easily added to smoothies and drinks or mixed into recipes.
Keep in mind that most people prefer not to microwave or heat their maca powder at high temperatures as the heating process may diminish some of the nutrients.
In the Andes Mountain where maca cultivation occurs, locals may consume as much as a pound of dried or fresh maca root daily. Most people supplement with somewhere between one gram to 20 grams daily in powder form.
Although there is no official recommended maca powder dosage, it’s best to start out with about one tablespoon (in powder form) daily and work your way up to two to three tablespoons spread throughout the day. Because maca is known for increasing energy and stamina, many people like to take it before exercising to get a burst of extra energy.
Like maca, ginseng is a plant with fleshy roots and potent medicinal properties. Both have been used in traditional medicine for centuries and are believed to carry similar health benefits, such as enhanced memory, increased energy levels, reduced menopause symptoms and lower blood sugar. Ginseng and maca also both contain antioxidants and have powerful anti-inflammatory powers as well.
However, there are some distinct differences that set these two root vegetables apart. First of all, there is a greater amount of research on ginseng, and it has been associated with a wider range of unique health benefits.
Additionally, while maca root is actually considered a cruciferous vegetable like broccoli or Brussels sprouts, ginseng belongs to the Araliaceae family of plants, which is composed primarily of tropical shrubs and trees. Ginseng also tends to be more bitter while maca has an earthy, nutty taste that is often added to recipes and drinks to boost both the nutrient content and the flavor profile.
Side Effects and Precautions.
Maca is safe for most people and can be consumed with minimal risk of maca side effects. That being said, there are some people who may want to moderate their intake.
If you have any thyroid problems, you should keep maca intake in moderation and avoid consuming it raw. This is because it contains goitrogens, which are substances that can impair thyroid function, especially in those with thyroid issues. Check with your doctor before taking maca if you have hypothyroidism or a history of thyroid problems.
Because of maca’s effects on hormone levels, physicians believe that maca should not be consumed by people who rely on hormone-altering medications for the treatment of illnesses like breast cancer or prostate cancer, for example, or for other serious conditions. People who have high blood pressure are also advised to not consume maca to avoid adverse maca root side effects.
Finally, there is limited research on the safety of maca for women who are pregnant or breastfeeding. Until it is confirmed to be safe, it’s best for these women to avoid maca.
Final Thoughts.
Maca is a root vegetable that is high in antioxidants and nutrients, such as vitamin C, copper and iron.
It has been used medicinally for thousands of years and has been shown to enhance sexual health and libido; improve energy, mood and memory; and balance hormone levels.
Maca is widely available at health stores, pharmacies and online retailers in capsule, powder, extract or liquid form.
It can be easily added to smoothies or meals and is often used before exercising to boost energy levels.
Coupled with a nutritious diet and healthy lifestyle, adding one to two tablespoons of maca into your diet may help give your health an upgrade.
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**7.** <https://www.forbes.com/health/body/maca-root-benefits/>

Best Hearing Aids Best Hearing Aids for Severe Hearing Loss Best Bluetooth Hearing Aids Lively Hearing Aids Review Nano Hearing Aids Review Bose Hearing Aids Review Cost of Hearing Aids.
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Commissions we earn from partner links on this page do not affect our opinions or evaluations. Our editorial content is based on thorough research and guidance from the Forbes Health Advisory Board .
As adaptogenic herbs —plant extracts that help the body manage environmental stress—have become increasingly popular in the U.S., there’s a good chance you’ve heard of (or even tried) a few of them, such as ashwagandha , reishi mushroom and holy basil. Adaptogenic herbs are typically consumed as a powder, tincture or capsule, and they’re even added to commercial products by popular food and drink brands.
Now, there’s another adaptogenic herb on the rise: maca root. As with other adaptogenic herbs, some people seek maca to help with stress management. But maca root has its own distinct properties that set it apart, too. To determine whether maca can truly benefit you, it helps to know exactly what the science says and how best to use the herb, as advised by trusted experts.
What Is Maca?
While you’re unlikely to come across maca in the produce section of your grocery store, Pooja Amy Shah, M.D., a New York-based integrative and functional medicine physician and assistant professor at Columbia University, says maca is a cruciferous root vegetable—a relative of turnips and radishes. “It’s also often called Peruvian ginseng, but it’s not related to Asian or American ginseng at all; it’s a completely different plant,” she says. Maca root, she adds, comes in a variety of colors—including red, black, yellow and brown—and is traditionally grown in Peru.
“It looks like a big radish and is a hearty plant that can grow in harsh, extreme conditions,” says integrative medicine doctor Karen Koffler, M.D., from Coral Gables, Florida. “You have to appreciate a plant that can withstand harsh conditions—it’s an indicator of how it can help us when consumed.”.
In Peru, maca is traditionally consumed in food and as a tea, explains Dr. Koffler. But here in the U.S., it’s more likely found as a powder, capsule or tincture. However you consume maca, your body can benefit in many ways.
1. Helps the Body Manage Stress.
Maca is an adaptogenic herb, and something all adaptogens have in common is that they can help the body manage environmental stress, explains Dr. Shah. “Adaptogens have long been used in Ayurvedic and traditional Chinese medicine, but they’re experiencing a renaissance [in the West],” she says.
What adaptogens may do (maca included) is help stimulate the body’s stress protection system by balancing the body’s hypothalamic pituitary adrenal (HPA) axis, according to Dr. Shah. The HPA axis is responsible for how the central nervous system and hormone systems respond to stress. When we feel stressed, cortisol levels go up. But scientific studies on rats show consuming maca can help keep cortisol levels from rising [1] Tang R, Wang L, Li A. Antianxiety and antidepressant effects of maca (l. meynii) ethanolic extract on chronic unpredictable mild stress on rats through hypothalamic-pituitary-adrenal axis . Journal of Food Science & Technology. 2019;4(4):729-737. .
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Works to support gut health, skin radiance, mood & energy.
A 2014 study of mice found a link between consuming maca for six weeks and increased dopamine levels, leading to reduced feelings of depression [2] Ai Z, Cheng AF, Yu YT, Yu LJ, Jin W. Antidepressant-like behavioral, anatomical, and biochemical effects of petroleum ether extract from maca (lepidium meyenii) in mice exposed to chronic, unpredictable stress . Journal of Medicinal Food. 2014;17(5):535-542. . Registered naturopathic doctor Cassie Wilder, N.D., says this connection is likely due to maca’s adaptogenic nature. “When people are more resilient to stress and are better able to handle day-to-day stressors, their mood gets better,” she says. So if you’re constantly feeling like you’re “on edge,” regularly consuming maca could potentially help—although more human studies need to be done to confirm the connection between maca and mood.
One common reason people consume maca is for a caffeine-free energy boost. “While scientific studies haven’t been able to show exactly how maca boosts energy in the body, it does seem to have energy-producing effects in some people,” says Dr. Koffler.
While more scientific studies need to be conducted to confirm this connection, a small study of 175 people indicates a connection between maca and energy. In the study, people who took 3 grams of maca for 12 weeks reported experiencing more of an energy boost than people who didn’t consume maca [3] Gonzales-Arimborgo C, Yupanqui I, Montero E, Alarcón-Yaquetto DE, Zevallos-Concha A, Caballero L, Gasco M, Zhao J, Khan IA, Gonzales GF. Acceptability, safety, and efficacy of oral administration of extracts of black or red maca (lepidium meyenii) in adult human subjects: a randomized, double-blind, placebo-controlled study . Pharmaceuticals. 2016;9(3):49. . Because of this response, if you’re sensitive to herbs, it’s best to consume maca earlier in the day.
There are likely a few different reasons as to why we don’t know exactly how maca affects energy levels in the body, says integrative medicine doctor Siri Chand Khalsa, M.D. “There is so much that’s connected to how energized we feel; it’s not just one thing,” she says, adding that it’s very difficult to pinpoint one herb to energy since so many other lifestyle factors also play a role.
4. May Help With Symptoms of Perimenopause and Menopause.
Dr. Wilder recommends maca most often to women in perimenopause or menopause. “What scientific literature shows is that maca supports the body during this stage of life without changing estrogen levels,” she says.
While more research is needed, a small study found menopausal women who consumed maca experienced fewer hot flashes and night sweats than they did when not consuming it [4] Meissner HO, Mscisz A, Reich-Bilinska H, Mrozikiewicz P, Bobkiewicz-Kozlowska T, Kedzia B, Lowicka A, Barchia I. Hormone-balancing effect of pre-gelatinized organic maca (lepidium meyenii): clinical responses of early-postmenopausal women to maca in double blind, randomized, Placebo-controlled, crossover configuration, outpatient study . International Journal of Biomedical Science. 2006:2(4). .
The same study that showed a connection between maca and reduced menopause symptoms also revealed that participants had increased bone density after consuming maca [4] Meissner HO, Mscisz A, Reich-Bilinska H, Mrozikiewicz P, Bobkiewicz-Kozlowska T, Kedzia B, Lowicka A, Barchia I. Hormone-balancing effect of pre-gelatinized organic maca (lepidium meyenii): clinical responses of early-postmenopausal women to maca in double blind, randomized, Placebo-controlled, crossover configuration, outpatient study . International Journal of Biomedical Science. 2006:2(4). . Another study—this one in rats—also found a connection between maca and strong bones [5] Gonzales C, Cárdenas-Valencia I, Leiva-Revilla J, Anza-Ramirez C, Rubio J, Gonzales GF. Effects of different varieties of maca (lepidium meyenii) on bone structure in ovariectomized rats . Forsch Komplementmed. 2010;17:137-143. . In the paper, the study authors say it’s likely because maca contains polyunsaturated fatty acids, a nutrient important for bone health.
“Maca helps make bones harder,” explains Dr. Wilder, adding that this trait is particularly noteworthy because women lose bone density as they age. “This is not to say that maca can be consumed in place of vitamin D or calcium—which are crucial for bone health—but there is still a connection there.”.
All four experts say boosting libido is one of maca’s most well-known properties, a connection established by numerous scientific studies [6] Shin BC, Lee MS, Yang EJ, Lim HS, Ernst E. Maca (l. metenii) for improving sexual function: a systematic review . BMC Complementary Medicine and Therapies. 2010;10:44. . “Maca has been said to have aphrodisiac properties and, again, this is without changing hormone levels,” says Dr. Wilder, adding that this response could be related to maca’s link to lowering stress, helping with mood and a subtle energy boost.
Here’s a maca benefit specifically for men: Dr. Koffler says consuming maca is connected to producing a higher sperm count. “Men are constantly producing new sperm, so this is particularly noteworthy in terms of fertility,” she says. Adding to this importance is the fact that infertility cases stem just as much from male infertility issues as they do from women infertility issues.
Explore the huge library of mindfulness, sleep, and insight content to live life more mindfully. In just a few minutes each day, you can build your resilience towards stress & anxiety.
Clearly, maca has many impressive benefits. In the U.S., maca is typically ground up and sold as a powder or in a capsule or made into a tincture. Any time you buy a supplement, it’s important to research where it’s sourced from and if it was tested for toxins, notes Dr. Khalsa. She personally uses Consumer Lab, an independent third-party testing service, to research maca supplements for authenticity and toxicity.
In terms of dosage, up to 3 grams a day is considered safe when taken for up to four months, according to the National Library of Medicine. “In terms of knowing if the maca is ‘working’ or not, I advise consuming it for six to 16 weeks to see if you really notice a difference,” says Dr. Khalsa.
If you purchase maca in a powder, it can be added to food or drinks. “In Peru, maca has traditionally been incorporated into bread and other foods,” says Dr. Khalsa. She adds that some other popular ways of consuming maca are incorporating it into sweet baked goods (like brownies), juices, smoothies and soups.
Maca can be energy-boosting, so Dr. Khalsa recommends consuming it earlier in the day if you’re sensitive to herbs or tend to have trouble sleeping.
Maca root is generally considered safe to consume, but Dr. Khalsa reiterates the importance of buying maca that has been tested for toxicity from a third party laboratory. Dr. Shah recommends people who are pregnant or breastfeeding not consume maca since it has not been scientifically tested on pregnant or breastfeeding women.
Maca is also considered well-tolerated with rare and minimal side effects. Even still, Dr. Shah recommends starting with a very small amount if you’ve never tried it before and slowly working your way up to a full dose.
Is Maca Root Right for You?
If you consistently feel tired, stressed or have low energy, you could benefit from incorporating maca into your daily wellness routine. Women who are in perimenopause or menopause, as well as men who want to boost their sperm count, could also benefit from maca.
Even though maca has many purported benefits, all four experts emphasize that it isn’t a cure-all. For any of the health goals maca supports—including feeling less stressed and more energized—it’s important to consider diet and lifestyle factors as a whole and not view maca as a quick fix. Consider it one tool in your wellness toolbox. After all, that’s exactly how it’s been used for thousands of years.
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Third-party lab-tested to ensure the highest quality.
Tang R, Wang L, Li A. Antianxiety and antidepressant effects of maca (l. meynii) ethanolic extract on chronic unpredictable mild stress on rats through hypothalamic-pituitary-adrenal axis. Journal of Food Science & Technology. 2019;4(4):729-737.
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Meissner HO, Mscisz A, Reich-Bilinska H, Mrozikiewicz P, Bobkiewicz-Kozlowska T, Kedzia B, Lowicka A, Barchia I. Hormone-balancing effect of pre-gelatinized organic maca (lepidium meyenii): clinical responses of early-postmenopausal women to maca in double blind, randomized, Placebo-controlled, crossover configuration, outpatient study. International Journal of Biomedical Science. 2006:2(4).
Gonzales C, Cárdenas-Valencia I, Leiva-Revilla J, Anza-Ramirez C, Rubio J, Gonzales GF. Effects of different varieties of maca (lepidium meyenii) on bone structure in ovariectomized rats. Forsch Komplementmed. 2010;17:137-143.
Shin BC, Lee MS, Yang EJ, Lim HS, Ernst E. Maca (l. metenii) for improving sexual function: a systematic review. BMC Complementary Medicine and Therapies. 2010;10:44.
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Gonzales GF, Cordova A, Gonzales C, Chung A, Vega K, Villena A. Lepidium meyenii (maca) improved semen parameters in men. Asian Journal of Andrology. 2001;3(4):301-303.
How common is male infertility, and what are its causes?. National Institute of Child Health and Human Development. Accessed 2/28/22.
By Sarah Berger Editor.
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**8.** <https://en.wikipedia.org/wiki/Lepidium_meyenii>

Jump to navigation Jump to search.
Lepidium meyenii, known as maca or Peruvian ginseng, is an edible herbaceous biennial plant of the family Brassicaceae that is native to South America in the high Andes mountains of Peru . It was found exclusively at the Meseta de Bombón plateau close to Lake Junin in the late 1980s. [1] It is grown for its fleshy hypocotyl that is fused with a taproot , which is typically dried, but may also be freshly cooked as a root vegetable . If it is dried, it may be further processed into a flour for baking or as a dietary supplement . It also has uses in traditional medicine . As a cash crop, it is primarily exported as a powder that may be raw, or processed further by the supplement industry: gelatinized or made into an extract .
History and controversy[ edit ].
Antonio Vázquez de Espinosa gave a description of the plant following his visit to Peru circa 1598 and Bernabé Cobo gave a description of this plant in the early 17th century. [2] Gerhard Walpers named the species Lepidium meyenii in 1843. In the 1990s, Gloria Chacon made a further distinction of a different species. She considered the widely cultivated natural maca of today to be a newer domesticated species, L. peruvianum. [3].
Most botanists doubt this distinction, however, and continue to call the cultivated maca L. meyenii. The Latin name recognized by the USDA similarly continues to be Lepidium meyenii. [4] It has been debated whether it is botanically correct to consider meyenii and peruvianum to be distinct from one another. [1] A 2015 multi-center study found differences in taxonomy, visual appearance, phytochemical profiles and DNA sequences when comparing L. meyenii and L. peruvianum, suggesting that they are in fact different and that their names should not be considered synonyms. [5].
The growth habit, size, and proportions of maca are roughly similar to those of radishes and turnips , to which it is related, but it also resembles a parsnip . The green, fragrant tops are short and lie along the ground. [6] The thin, frilly leaves sprout in a rosette at the soil surface, not growing more than 12–20 cm (4.7–7.9 in) in height. The leaves show a dimorphism according to reproductive stage. They are more prominent in the vegetative phase, and are continuously renewed from the center as the outer leaves die. The off-white, self-fertile flowers are borne on a central raceme , and are followed by 4–5 mm (0.16–0.20 in) siliculate fruits, each containing two small 2.0–2.5 mm (0.079–0.098 in) reddish-gray ovoid seeds . Seeds are the maca’s only means of reproduction. Maca reproduces mainly through self-pollination and is an autogamous species. The genome consists of 64 chromosomes. From experiments with different day lengths, maca is a short-day plant . [1] Some sources consider the maca to be an annual plant, as in favorable years it can complete a lifecycle within a year. [6].
Maca is the only member of the genus Lepidium with a fleshy hypocotyl , which is fused with the taproot to form a rough inverted pear-shaped body. Maca does vary greatly in the size and shape of the root, which may be triangular, flattened circular, spherical, or rectangular, the latter of which forms the largest roots. Traditionally, native growers have acknowledged four varieties of maca, based on their root color: cream-yellow, half purple, purple, and black; varying levels of anthocyanin is primarily responsible for the color differences. [2] Maca hypocotyls may be gold or cream, red, purple, blue, black, or green. Each is considered a "genetically unique variety", as seeds of the parent plants grow to have roots of the same color. Specific phenotypes (in maca, 'phenotype' pertains mainly to root color) have been propagated exclusively to increase commercial interest. [7] Cream-colored roots are the most widely grown and are favored in Peru for their enhanced sweetness and size. Black maca is both sweet and slightly bitter in taste.
Growth conditions[ edit ].
The natural environment of the maca is at 11-12ºS latitude and at an elevation of 3,800–4,400 m (12,500–14,400 ft) above sea level. [7] At this elevation, temperatures of the growing season vary from −2 to 13 °C (28 to 55 °F) in monthly mean minimum or maximum, respectively. Temperatures can decline, however, as low as −10 °C (14 °F) and frosts are common. Of the cultivated plants, maca is one of the most frost tolerant. [8] Strong winds and sunlight also are characteristics of the native habitat of the maca. Maca today is still mainly cultivated in Peru , in the high Andes of Bolivia, and to a small extent also in Brazil . [6] Maca can be cultivated beyond its natural elevation range, over 4,400 m (14,400 ft) above sea level. [9].
Alpaca manure is used to fertilize maca croplands.
Maca (Peruvian ginseng) seedlings usually emerge about one month after sowing with the onset of the rainy season in October. In the vegetative phase, until May to June, the lower part of the hypocotyl, as well as the upper part of the tap root, grows in size. After 260 to 280 days, it is formed to the harvestable hypocotyl. If the root is left in the soil, it is dormant for two to three months in the time of the cold, dry season until August. Then it will form a generative shoot on which the seeds ripen five months later. One plant is capable of forming up to 1000 tiny seeds, 1600 of which together weigh about one gram. Thus, only relatively few plants are needed for propagation. The plants for cultivation are selected for preferred size and color, then placed 50–100 mm deep in pits with alternate layers of grass and soil to protect them from drying out. They are fertilized heavily, as maca is a soil exhaustive crop. [2] The cultivation cycle is strictly linked to seasonality. [1] [6].
Traditionally, land preparation was done by hand. Nowadays, tractor plowing also is used. As maca grows on sites where no other crops can be cultivated, it is often found after long fallows of sheep grazing pastures. [1] Maca croplands thus traditionally are only fertilized with sheep and alpaca manure; however, fertilizer application could prevent soils from depleting in nutrients[ citation needed ].
Weeding or pesticide application usually is not necessary as the climate is not suitable for most weeds or pests. Nearly all maca cultivation in Peru is carried out organically, as maca itself is seldom attacked. Maca is sometimes interplanted with potatoes, as it is known to maca farmers that the plant naturally repels most root crop pests.[ citation needed ].
Harvest[ edit ].
The harvest is done manually, with the leaves left in the field as livestock feed or organic fertilizer .
The yield for a cultivated hectare may reach an estimated 15 tons in fresh hypocotyls resulting in around 5 tons of dried material. [6] According to the Ministry of Agriculture of Peru , however, average maca yields for 2005 were only 7 t/ha, with a great variation between different sites. [1] Although maca has been cultivated outside the Andes, whether it develops the same active constituents or potency outside of its natural habitat is not yet clear. Hypocotyls grown from Peruvian seeds form with difficulty at low elevations, in greenhouses, or in warm climates.
The average composition, on a dry matter basis, is 60-75% carbohydrates (mostly as polysaccharides ), [10] 10-14% protein , 8.5% dietary fiber , and 2.2% fats . [11].
Phytochemicals[ edit ].
Maca contains glucotropaeolin , m-methoxyglucotropaeolin, benzyl glucosinolates , polyphenols , (1R,3S)-1-methyl-1,2,3,4-tetrahydro-β-carboline-3-carboxylic acid (MTCA), and p-methoxybenzyl isothiocyanate . [7] [12] Alkamides are also present in maca. [13].
Safety[ edit ].
No pharmacokinetic data have been published for maca. [12] The presence of (1R,3S)-1-methyl-1,2,3,4-tetrahydro-β-carboline-3-carboxylic acid (MTCA) in the extracts of maca indicate a potential safety issue as a monoamine oxidase inhibitor (re. which see β-carboline ) and possibility as a mutagen . [12] Due to these potential mutagenic properties of MTCA, the Agency for Sanitary Security in France warned consumers about the possible health risks of powdered maca root, a declaration disputed on the assumption that MTCA would be deactivated by boiling to process maca roots. [12] MTCA-like compounds are associated with craving behaviour. [12].
Marketing[ edit ].
Due to its purported effects on fertility , maca grew in agricultural, commercial, and research interest over the decades of the 1990s to 2014. [1] [14] Market studies showed low acceptance of the particular maca taste by consumers when first exposed to it, creating a barrier for popularity of this food as a culinary vegetable. The economic interest existed more in the perceived, but unproven, health effects of the root's constituents supplied as an extract in a dietary supplement. [1] [14].
By 2014, agricultural and market interest for maca grew in China, but with challenges from Peruvian institutions who accused Chinese companies of illegally exporting maca and of biopiracy , as several Chinese patents had been filed to improve the propagation and genetic diversity of maca. [15].
Uses and preparation[ edit ].
Maca is mainly grown for consumption of its root. The majority of harvested maca is dried. In this form, the hypocotyls can be stored for several years. [1] [16] In Peru, maca is prepared and consumed in various ways, although traditionally it is always cooked. The freshly harvested hypocotyl may be roasted in a pit (called huatia ), and is considered a delicacy. Fresh roots usually are available only in the vicinity of the growers. The root can also be mashed and boiled to produce a sweet, thick liquid, then dried and mixed with milk to form a porridge, mazamorra . [8] The cooked roots are also used with other vegetables in empanadas, jams, or soups. The root may be ground to produce a flour for bread, cakes, or pancakes. If fermented, a weak beer called chicha de maca may be produced. In 2010, a U.S.-based brewery, called Andean Brewing Company, became the first company to produce and commercialize beer made from maca under the brand KUKA Beer. [17] From the black morphotype, a liquor is produced. Also, the leaves are edible or may serve as animal fodder. They can be prepared raw in salads or cooked much like L. sativum and L. campestre, to which it is closely related genetically.[ citation needed ].
The prominent product for export is maca flour , which is a baking flour ground from the hard, dried roots. It is called harina de maca. Maca flour (powder) is a relatively inexpensive bulk commodity, much like wheat flour or potato flour. The supplement industry uses both the dry roots and maca flour for different types of processing and concentrated extracts. Another common form is maca processed by gelatinization . This extrusion process separates and removes the tough fiber from the roots using gentle heat and pressure, as raw maca is difficult to digest due to its thick fibers.
Archaeological evidence exists for varying degrees of cultivation of maca in the Lake Junin region from around 1700 BC to 1200 AD. [18] Maca has been harvested and used by humans in the puna grasslands of the Andean Mountains for centuries. Contrary to frequent claims that maca's cultivation was common in what is today Peru, until the late 1980s, maca has been cultivated only in a limited area around Lake Junin , in central Peru. Historically, maca often was traded for lowland tropical food staples, such as maize , rice , manioc (tapioca roots), quinoa , and papaya . It also was used as a form of payment of Spanish imperial taxes. [6] [19].
Traditional medicine[ edit ].
Maca has been marketed for its supposed uses in traditional medicine , but there is no high-quality research to indicate it has any effect on health or diseases. [20] [21] [22] A 2016 systematic review found little evidence that it affects semen quality in healthy and infertile men. [23] A 2011 review found no good evidence either for the effectiveness of maca as a treatment for menopausal symptoms in women or for its safety. [24].
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**9.** <https://www.themacateam.com/>

Our Maca is Always Organic, Vegan, Non-GMO and Fair Trade.
Local Historian Don Samuel Cielo Luna Condor proudly explains tools used by his ancestors to harvest Maca.
Beautiful, mature, fresh black, red and yellow maca roots from our farms in Junin, Peru.
4 Types of Maca Powder Side by Side.
Maca is a root vegetable that has been grown in the high Andes mountains for 1000s of years. An important food source to natives of the area to this day, Maca root is rich in amino acids, vitamins, minerals and unique nutrients that make it a fantastic addition to modern diets. It is truly a blessing for those who add it to their routines. More….
Maca powder’s unique nutrient profile interacts with the body’s endocrine system in a positive way. Ongoing research continues to indicate that it has an uplifting effect on hormone balance, mood and the overall physical functioning of the body. More….
The Maca Team has a 20 year plus history of sourcing the highest quality Maca products available. As maca specialists, offer the best selection of products anywhere. Our organic farming co-op in Peru that grows maca in the traditional way that’s been perfected over generations. Our Maca is always Fair Trade, Organic, Non-GMO, Gluten Free, Vegan, Fresh and Potent. More...
Take a look into our large collection of healthy and energising recipes for use with maca, in drinks, smoothies, snacks, dishes, sweets etc. Enjoy!
How to use Maca.
Maca powder is a food and can be eaten in a variety of ways. To get the most out of adding it to your life there are a few things you should know.
Maca Facts.
The world’s highest growing crop, Maca root has been consistently cultivated, consumed and revered in the extreme altitude of the Peruvian Andes for 1000s of years. Learn more about this fascinating food.
Maca Benefits.
Research and customer experiences suggest a wide range of potential benefits from adding this amazing, simple superfood to your daily diet. See all the potential that Maca has to improve overall life quality.
Learn all about this ancient superfood, how it grows, what types there are, its history, what research is revealing about it….
Free U.S. Shipping over $99.
We’re happy to be able to offer free shipping on domestic orders over $99. We also ship anywhere in the world at fair prices.
Women.
Discover the top results that women report everyday from adding Maca into their diets. Including, which maca is best for women, how to take it and when to expect results...
Shop All Of Our Maca.
Organic Maca powder, maca pills, liquid maca extracts, superfood maca blends, whole maca root chips of all colors and varieties.
Men.
Learn how maca works with to support the male body, which macas are best for men, how to take them and….
We Care.
As a family run company of true Maca specialists, we're here to bring you the most Maca has to offer. We are passionate about preserving and sharing high quality Peruvian grown Maca with the world.
The Maca Team are light years ahead of anyone else selling maca out in the marketplace.
I shop around a lot for my supplements and health foods, and I have to say you guys at The Maca Team are light years ahead of anyone else selling maca out in the marketplace. Thanks for all you do!
By Jim Price, The Green Marketing Guru.
I can tell the difference from my usual store-bought brands.
Loving the red maca from themacateam. I can tell the difference from my usual store-bought brands. It really tastes so fresh and sweet compared to others. I really love this product. Thanks for sourcing it for us to enjoy.
By Michelle Gebbia.
The Maca tastes fresh and flavorful, the Kilo bag is a great price.
I LOVE Maca Team Maca...this was my first purchase with the Maca Team and I have no need to try any other Maca-producer. The Maca tastes fresh and flavorful, the Kilo bag is a great price, and I feel so much more at ease (Maca is such powerful medicine :) ).
By Lizzie Thompson.
The Maca Team is a small business run by a family who cares.
I take 24 products from five to six times a week to increase my well-being and sensual and sexual delights. ;D The Maca Team’s organic maca is one of them—nine grams in my smoothie, Monday to Saturday. The Maca Team is a small business run by a family who cares about its customers, its Peruvian maca growers, and the environment. It's vital to know the source of everything we put in our mouths. Physical and mental health are precious treasures. :D.
By Jerry Montero.
This product is amazing!
This product is amazing! I have used other cheaper brands of white maca with fairly good results, but after trying the Maca Team maca, I noticed within two weeks all of my menopausal symptoms had completely vanished. Others described a bad taste and smell, but I have tried the black and the red and find them both to be mild tasting. I use a tablespoon in my daily smoothly.
By Joy.
Their maca varieties are good, as is their customer service.
Maca first came to us by our vitamin supplier. Then we ordered from the Maca Team. Comparison? Think fire-fly, then think mid-day sun. At 76 and 73 years respectively, that is a big deal; and at comparable cost too. We never have we had such speedy delivery and the packaging is the strongest, most protective we've seen, ever, at all ... anywhere. Further, the Mrs. no longer takes hormone supplements. And Mr. scans the morning want ads for steady P/T work.
By George & Sherri.
The difference in freshness is night and day, and better tasting.
I had been using another brand of maca powder and decided to try The Maca Team's. The difference in freshness is night and day, and better tasting . I'm 6 foot 250 lbs. and take 4 teaspoons every day w/ my protein shake. Great energy boost and just feel great all day. I can tell a difference when I do not take it. best price that I have found {36oz}. I will be buying more as needed.
By J.D.
The Maca Team brand is very special.
I've tried various maca brands over the last 20 years and The Maca Team brand is very special. There is definitely a difference when it comes to the quality and colors of the maca. This red maca does seem to nourish certain parts of my body while the black maca nourishes something else. I know I've been missing the nutrition these maca provide. I'm 75 years old and bodies wear out, but I'm finding I'm regaining a functioning body. How wonderful is this?!?!!!
By Janis Ihrig.
I just wanted to thank you for your excellently constructed website. I am a physician.
I just wanted to thank you for your excellently constructed website. I am a physician and I recently started learning about Maca. I get a very good sense of it, and I expect I will try it out myself and possibly be recommending it to patients in the future. If so, your website will be the first place to send people. Thanks again.
By Adam Holt.
I feel like I’m dealing with friends, not some company far away.
Love the Maca team, In an earlier comment I said I was on the fence about where to buy Maca .Not anymore .You shouldn’t be either. The team has answered any questions I’ve had promptly. I feel like I’m dealing with friends, not some company far away out for my money only. The Maca is fresh, prices are good, the people are nice. If you’re on the fence, don’t be, you won’t be sorry.
By Bob.
I must say this is the best tasting Maca I have tried!!
My Maca came in today and it has all the information on it! I must say this is the best tasting Maca I have tried!! Thank you again for a great product!! I will only order from you in future as well!
This a top-notch team.
First I would like to say I love this product. I was very skeptical about a natural product with so many benefits but this stuff really works. Second, I love this company. From the web site to the way they run their company this a top-notch team. I will be ordering from The Maca Team from now on. Great job guys keep doing what you are doing.
By Darren Rivers Sr.
This is the highest quality product we have ever carried. I am proud to offer it in my store.
We love this product. I own a store and work with clients holistically. We have recommended maca for years however, this is the highest quality product we have ever carried. I am proud to offer it in my store.
Thank you The Maca Team!!!!
I am really happy that I chose the Maca Team, today you can find many distributors selling Maca powder, however quality of the powder is impossible to compare. Moreover, the results after 2 weeks I could feel. Before I was taking maca powder and I did not feel any changes. But since I started taking Maca from Maca Team the changes are incredible. So, I did a test.:) I gave the powder to my partner ... and after 2 weeks he was impressed and told me that he has more energy, feeling happy... Thank you The Maca Team!!!!
By Olga.
Thank you again for your kindness and professionalism.
I do want to say that I have done quite a bit of research on different companies that offer Maca and The Maca Team definitely is the most reputable. Thank you again for your kindness and professionalism :).
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**10.** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3184420/>

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**ignite weight loss**

**1.** <https://www.discovermagazine.com/lifestyle/ignite-drops-reviews-do-ignite-amazonian-sunrise-drops-work-for-weight-loss>

Lifestyle.
This article contains affiliate links to products. We may receive a commission for purchases made through these links.
Taking 10 drops of a unique liquid weight loss supplement called Ignite, derived from an ancient Amazonian Sunrise ritual, each morning before breakfast can incinerate 1lb of fat per day by igniting this newly discovered fat dissolved hormone, BAM15.
That liquid supplement is Ignite Amazonian Sunrise Drops. Sold exclusively online through IgniteDrops.com , the supplement uses a blend of fat burning ingredients to boost energy, raise metabolism, and accelerate fat burning by using a special drip method hack to help burn the most stubborn pockets of fat.
But does it actually work for weight loss or is it just another cheap supplement scam? Find out how Ignite Amazonian Sunrise Drops work today in our review.
What Are Ignite Amazonian Sunrise Drops?
Ignite Amazonian Sunrise Drops are a liquid weight loss formula developed based on a traditional Amazonian recipe.
Made using ingredients from the Amazon region, Ignite Amazonian Sunrise Drops can purportedly lead to significant weight loss effects. According to the official website, Ignite Amazonian Sunrise Drops can help you lose 1lb of fat per day, accelerating fat burning and making it easier than ever to lose weight when coupling it with this ancient sunrise ritual to unlock your body's truth fat-burning potential by activating a recently researched idle morning hormone responsible for weight management.
Ignite Amazonian Sunrise Drops is exclusively available through IgniteDrops.com , where they’re priced at $59 per bottle and backed by a 150 day moneyback guarantee. But does it really deserve to be on the list of the best weight loss supplements money can buy or do the news headlines of "Fat burning molecule has implications for treatment of obesity" have it all wrong? Let's see why product creator Rick Peterson and Dr. Michael Frazier said, "it was the single greatest medical discovery for uncontrolled body fat and obesity-related illness in the history," in reference to this fat dissolved hormone BAM15 being discovered.
If you’re over 35, it’s virtually impossible to lose weight through diet and exercise alone.
According to the makers of Ignite Amazonian Sunrise Drops, people over 35 have high levels of a hormone called BAM15. Unknown before 2021, that hormone makes it very difficult for men and women over 35 to lose weight.
BAM15 is called the “sunrise hormone” or “morning hormone.” It’s active in the morning. Based on the activity of that hormone, your body changes its all-day weight loss effects. Even a 2020 study from Virginia Tech said, "Scientists have recently identified a small mitochondrial uncoupler, named BAM15, that decreases the body fat mass of mice without affecting food intake and muscle mass or increasing body temperature. [...]Additionally, the molecule decreases insulin resistance and has beneficial effects on oxidative stress and inflammation.".
The goal of Ignite Amazonian Sunrise Drops is to activate BAM15, helping you burn as many calories as possible – without dieting or exercising.
Here’s how the manufacturer of Ignite Amazonian Sunrise Drops explains the benefits of the formula:.
“If activated, BAM15 would melt away more fat and burn more calories than 12 marathons combined, doing all of this with absolutely no dieting or exercising…”.
Ignite was specially designed to activate BAM15, accelerating calorie burning. Just 10 drops each morning can lead to 1lb of weight loss per day, according to the official website . What makes this so different in comparison to other top-rated weight loss products like Exipure or Protetox is the fact that it comes in liquid form, but that is not all of its unique properties worth reviewing.
Ignite Amazonian Sunrise Drops work using a blend of natural ingredients, including vitamins, minerals, herbs, plants, and other nutrients to support weight loss and fat burning.
By taking 10 drops of Ignite each morning, you’re giving your body a unique combination of nutrients to support weight loss and fat burning in various ways.
Some of the ingredients directly raise calorie burning, boosting metabolism to help you burn more calories at rest and lose weight. Other ingredients work in different ways to activate the BAM15 hormone, raise energy, and support healthy inflammation, among other effects.
Here are all of the effects you can expect to experience after taking Ignite Amazonian Sunrise Drops each morning :.
Melt 1lb of Fat Per Day: The most important benefit of Ignite Amazonian Sunrise Drops is the weight loss effect. According to the manufacturer, over 100,000 men and women have used the formula to lose significant weight in a short period with no dieting or exercising. Based on the “ancient Amazonian drip method,” the formula can purportedly help you lose 1lb of fat per day, or around 7lbs of fat per week and 30lbs of fat per month.
Support Heart Health: Obesity can worsen heart health. Ignite Amazonian Sunrise Drops contain ingredients to help support heart health in various ways. African mango extract, for example, “improves blood circulation” and “improves heart health,” according to the makers of Ignite Amazonian Sunrise Drops. Instead of just supporting heart health, the African mango extract in the formula purportedly improves it. African mango extract is known for its weight loss effects, although it may also support cardiovascular health in various ways, according to the manufacturer. Meanwhile, the green tea extract in Ignite Amazonian Sunrise Drops could help support healthy cholesterol levels, providing additional heart health support.
Increase Energy & Metabolism: When your energy and metabolism are high, your body burns more calories at rest than it normally would. High energy levels are associated with high rates of calorie burning, which means your body is burning as many calories as possible. Ignite Amazonian Sunrise Drops contain ingredients like African mango extract and green tea leaf extract to increase energy and metabolism, helping you enjoy a range of powerful effects.
Support Mental Focus & Alertness: Ignite Amazonian Sunrise Drops can improve mental focus and alertness using ingredients like green tea leaf extract, according to the manufacturer. Many of the ingredients in Ignite Amazonian Sunrise Drops are antioxidant-rich substances shown to support healthy inflammation throughout the brain and body. The grapeseed extract in Ignite Amazonian Sunrise Drops can also purportedly improve brain function, according to the manufacturer. Grapeseed extract is rich with antioxidants like resveratrol that are linked to significant cognitive effects.
Increase BAM15 Hormone Activity: Ignite Amazonian Sunrise Drops are designed specifically to boost BAM15 hormone activity. BAM15 is a special “morning hormone” or “sunrise hormone” linked to weight loss. After age 35, your body deactivates your BAM15 hormone, making it virtually impossible to lose weight. By taking 10 drops of Ignite daily, you can reactivate your BAM15 hormone using ingredients like ginseng root, helping you burn more weight than before. Meanwhile, the guarana seed in Ignite purportedly stimulates BAM15 by “up to 327%,” according to the manufacturer, while the astragalus root activates BAM15 by “as much as 93%.”.
Improve Erectile Dysfunction: Ignite Amazonian Sunrise Drops are marketed to anyone who wants to lose weight, including men and women. However, according to the manufacturer, some of the ingredients in Ignite Amazonian Sunrise Drops specifically support erection quality. The ginseng in Ignite, for example, purportedly “improves erectile dysfunction,” making it easier to maintain an erection while boosting sex drive.
Reduce Stress & Manage Cortisol: If your body has high levels of stress, it’s virtually impossible to lose weight. High stress leads to high cortisol, and high cortisol tells your body to cling to fat instead of burning it. By taking Ignite daily, you can purportedly manage stress using ingredients like ginseng.
Help Alleviate Symptoms of Menopause: Ignite contains benefits for men and women, and the formula can purportedly help alleviate symptoms of menopause. According to the manufacturer, the maca root in Ignite Amazonian Sunrise Drops significantly quickens the BAM15 hormone while helping to alleviate symptoms of menopause. Menopause can lead to hormone disruptions that make it difficult to lose weight and Ignite can purportedly help.
Support Anti-Aging Properties: Over age 35, it’s difficult to lose weight and burn fat because of your deactivated BAM15 hormone. Some of the ingredients in Ignite are designed to support anti-aging benefits, helping you turn back the clock on aging. Astragalus, for example, has “incredible anti-aging properties,” according to the makers of Ignite Amazonian Sunrise Drops, making it ideal for losing weight.
Dull Pain Receptors: Some of the ingredients in Ignite Amazonian Sunrise Drops are designed to dull pain receptors, making it easier to recover from exercise. The capsicum (cayenne pepper) in Ignite, for example, purportedly “dulls pain receptors in your brain,” according to the manufacturer, helping with back pain, body aches, and arthritis.
Other Benefits: Other benefits associated with Ignite Amazonian Sunrise Drops, according to the official website, including reduced cellulite, better immunity, and stronger bones, among other effects.
How BAM15 Works for Weight Loss.
Many of the ingredients in Ignite Amazonian Sunrise Drops are designed to activate the BAM15 hormone, helping you lose weight.
According to the makers of Ignite Drops , the BAM15 hormone was discovered by a team of researchers in 2021. These researchers found a certain hormone linked to weight loss. Your body activates the hormone each morning. However, after age 35, your body tends to activate this hormone less and less, making it increasingly difficult to lose weight.
As indicated in this study , BAM15 is a real hormone linked to multiple effects throughout the body. That study found BAM15 played an important role in:.
Another study , meanwhile, found BAM15 had especially noticeable effects on weight loss, which is why researchers proposed BAM15 as a way to help treat obesity-related diseases. Researchers found people with high levels of BAM15 tended to have a healthier weight than people with low levels of BAM15.
Many of the ingredients in Ignite are designed to reactivate BAM15, boost the activity of BAM15, or effect the hormone in another way, making it easier to lose weight.
Ignite Ingredients & Science.
Ignite Amazonian Sunrise Drops work using a blend of natural ingredients, including plant-based nutrients, vitamins, minerals, and more just like Ikaria Lean Belly Juice.
Some of the ingredients are sourced from the Amazon region, where they’ve purportedly been used in traditional medicine for centuries.
Other ingredients, meanwhile, are found in traditional weight loss aids and supplements. Cayenne pepper and green tea, for example, aren’t native to the Amazon river basin, but they’re found in many weight loss supplements for their proven benefits.
Here are all of the ingredients found in each 10-drop serving of Ignite and how they work :.
Maca: Maca is one of the ingredients in Ignite sourced from the Amazon River basin and surrounding areas within the Amazon rainforest. It’s been used in traditional medicine in the region for centuries. However, maca has skyrocketed in popularity over the last year for its effects on metabolism, sexual health and wellness, and weight loss. In this 2014 study , for example, researchers found maca root consumption was linked to improvements in symptoms of depression and oxidative stress. Both depression and oxidative stress make it difficult to lose weight, and maca could help. BY managing stress and depression, maca could encourage your body to release fat instead of stubbornly clinging to it, leading to greater weight loss effects.
African Mango Extract: African mango extract has surged in popularity in recent months for its effects on weight loss. Today, many diet pills contain African mango extract for its ability to suppress appetite, boost metabolism, and make it easier to lose weight in various ways. In a 2013 study on African mango extract, researchers found the ingredient provided these benefits because of high levels of ellagic acid, a plant-based chemical linked to a range of effects. Ellagic acid could help with metabolism, fat burning, and appetite suppression, for example, making it an ideal weight loss aid.
Green Tea Extract: Ignite contains green tea extract to boost weight loss. Like African mango extract, green tea extract is not native to the Amazon rainforest. However, studies show it can raise fat burning and accelerate metabolism using a blend of antioxidants and other natural ingredients. Green tea is rich with epigallocatechin gallate (EGCG), for example, that has been linked to fat burning effects in multiple studies.
Astragalus & Eleuthero Root: Ignite contains two popular adaptogens used for centuries in traditional medicine. Astragalus and eleuthero root play a particularly important role in traditional Indian (Ayurvedic) medicine, where they’re linked to stress response, anti-aging effects, and more. Because they’re adaptogens, astragalus and eleuthero root help your body respond to physical and cognitive stress in a better way. According to the manufacturer, astragalus can also help with insulin resistance and inflammation, while eleuthero can support digestion, brain function, and nerve health.
Cayenne Pepper: Like green tea, cayenne pepper is popular and well-known for its weight loss benefits. Cayenne, listed as capsicum on the Ignite label, is rich with natural fat burning chemicals like capsaicin. Cayenne pepper can boost metabolism, helping your body burn more calories at rest and when exercising.
Ginseng: Another popular ingredient in types of traditional Asian medicine, ginseng can purportedly activate BAM15 hormonal activity, leading to significant weight loss effects. Your BAM15 activity naturally drops after age 35, but ginseng can help reverse the trend.
Grapeseed Extract: Grapeseed extract is found in anti-aging supplements and weight loss pills for its high levels of resveratrol, a natural antioxidant linked to powerful effects. Grapeseed extract, according to the makers of Ignite, can support healthy inflammation, weight loss, and overall health and wellness.
Gymnema Sylvestre: Gymnema sylvestre, or gymnema leaf extract, can help with blood sugar management using a blend of plant-based antioxidants (polyphenols). Gymnema has been linked to weight loss, appetite control, and blood sugar support, among other benefits, in multiple studies. It’s a popular ingredient in many diabetes supplements, for example, and some diabetics take gymnema sylvestre daily for that reason. As a diabetic or non-diabetic, you could support appetite suppression benefits with gymnema sylvestre, helping you avoid blood sugar fluctuations.
Forskolin: Like green tea, forskolin is a popular weight loss supplement ingredient found in many major supplements sold online and in stores today. Typically, forskolin is known for its appetite suppression effects. However, forskolin is also linked to insulin resistance, healthy cholesterol, and improved mental focus, among other benefits.
Guarana: Along with maca, guarana is one of two ingredients in Ignite sourced from the Amazon rainforest and the Amazon River basin area. Native to the area, guarana can purportedly boost BAM15 activity by up to 327%, making it significant for weight loss. BAM15 naturally drops with age. By raising BAM15 activity again, guarana can purportedly reactivate your BAM15 hormone and give you the weight loss prowess you enjoyed at a younger age.
Overall, Ignite contains a blend of science-backed ingredients linked to weight loss, BAM15 hormone activity, metabolism, energy, and other effects.
How to Take Ignite.
Ignite’s manufacturer makes it easy to take the formula. Just take 10 drops each morning as Rick Peterson and online:.
Load the glass dropper fill with the Ignite liquid formula by squeezing the plunger at the top.
Swallow the remaining formula.
That’s it! It takes just a few seconds each morning, but the makers of Ignite claim this process can have significant effects on BAM15 hormone activity and overall weight loss.
Ignite Weight Loss: What to Expect.
A healthy diet and exercise routine can generally lead to around 1lb of fat loss per week. If you maintain a caloric deficit of 500 calories per day, then you can expect to lose around 1lb per week.
However, the makers of Ignite claim to exceed this amount significantly. According to the official website, Ignite leads to around 1lb of fat loss per day. Plus, the manufacturer isn’t a big advocate of diet or exercise; instead, Ignite purportedly works regardless of your diet or exercise habits.
Here are some of the testimonials from Ignite Amazonian Sunrise Drop users who have purportedly enjoyed significant benefits by taking Ignite daily:.
Over 100,000 men and women have used Ignite to “incinerate 1lb of fat per day,” according to the official website; Ignite doesn’t just lead to major fat loss in a small subset of users: it has led to proven weight loss in thousands of users.
One customer lowered her blood pressure using Ignite.
Another customer lost 35lbs in 6 weeks with Ignite, and she now has less back pain thanks to the formula.
Another customer reports losing 42lbs while taking Ignite drops.
One of the biggest success stories on the Ignite website is from a customer who claims to have lost 65lbs using the formula; that man struggled to lose weight through diet and exercise for years, only to find success with Ignite.
Other customers report losing 10lbs to 50lbs over 1 to 6 months while taking Ignite drops, suggesting the formula can lead to significant weight loss in a short period.
Overall, the makers of Ignite seem confident the formula works to accelerate fat burning without side effects, giving you a hidden weight loss advantage.
Ignite Amazonian Sunrise Drops cost $69 per bottle, with discounts available when buying multiple bottles on the official Ignite Drops website . All 3 and 6 bottle purchases also come with a bonus bottle of ToxiClear.
Starter Pack (1 x Ignite): $69 + Shipping.
Popular Pack (3 x Ignite, 1 x ToxiClear): $156 + Shipping.
Customer Favorite Pack (5 x Ignite, 1 x ToxiClear): $246 + Free US Shipping.
ToxiClear, included with 3 and 6 bottle purchases, is an all-natural detox supplement to support gut health and improve digestion. The supplement can help you lose weight, complementing the effects of Ignite to accelerate fat burning.
All Ignite purchases are backed by a 150 day moneyback guarantee. You can request a full refund on your purchase within 150 days of your original purchase date if you’re unsatisfied for any reason.
About Ignite.
Ignite Amazonian Sunrise Drops are made in the United States in an FDA-registered, GMP-certified facility.
The company developed the Ignite formula based on research from the Amazon rainforest. Some of the ingredients in Ignite are sourced from the Amazon region, while others are sourced from the United States and other countries.
Final Word.
Ignite Amazonian Sunrise Drops use a blend of natural ingredients to accelerate fat burning, making it easier to lose weight.
By taking Ignite Drops daily , you can purportedly lose 1lb of fat per day. Customers report losing as much as 65lbs within months of taking Ignite. What is very impressive is that the company is very transparent, honest and open about its formulation from top to bottom, inside and out. With Dr. Michael Frazier (who is a world-renowned weight loss and obesity expert) leading the way, the Ignite weight loss drops are a risk-free decision to take today that isn't just another diet pill or weight loss powder, but an unique liquid formula that actually works or your money back.
Although you should temper your weight loss expectations with Ignite, you could lose weight and boost metabolism by combining Ignite Amazonian Sunrise Drops with a healthy diet and exercise routine, making them an effective weight loss aid or simply request a refund if not completely satisfied with the results as a customer.
Exipure Reviews: High Quality Weight Loss Pills or Fake Hype? [Updated].
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**2.** <https://www.orlandomagazine.com/ignite-drops-reviews-side-effects-ingredients-ignite-amazonian-sunrise-drops-complaints/>

Guide to Private Schools.
Twitter.
Ignite is a high-powered, liquid weight loss formula featuring several ingredients from the Amazon rainforest. The safe, well-tolerated supplement claims to incinerate 1lb of fat per day, helping you rapidly reach your weight loss goals. To do that, Ignite targets a unique hormone called BAM15. After age 35, your BAM15 hormone activity declines, making it hard to lose weight. Ignite Amazonian Sunrise Drops help by reactivating BAM15 and supercharging your weight loss results.
Before jumping into this entire Ignite Drops review, let’s dive into a knowledge graph of helpful content that breaks down each of the critical takeaways of key points surrounding all of the Ignite Amazonian Sunrise Drops hype online:.
Overview:.
Ignite Drops is a highly-effective liquid weight loss supplement for boosting energy levels and burning fat using 12 clinically-studied ingredients known to activate optimal hormonal health based on the discovery of an ancient Amazonian sunrise ritual that activates the ‘fat dissolver’ hormone “BAM15”.
Method:.
consume 10 drops of Ignite each morning underneath the tongue before breakfast [the Ancient Amazonian.
Formulators:.
Dr. Michael Frazier (world-renowned weight loss and obesity expert) is the doctor-formulator along with Rick Peterson and wife Chloe (from Colorado).
Ignite Amazonian Sunrise drops using ingredients researched by Dr. Michael Frazier, who in his own words, had the “single greatest medical discovery for uncontrolled body fat and obesity-related illness in history” [which is the BAM15 fat-melting hormone discovered in 2019 by Oxford University in England and extensively studied by National Obesity Center in Tel Aviv, Israel].
Cost:.
Customer Favorite Pack: 5 Bottles of Ignite Drops (Buy 3, Get 2 FREE Bottles + 1 FREE ToxiClear supplement bonus) is the best value package at $246 with free shipping (= $49 per bottle when purchasing five).
Customer Popular Pack: 3 Bottles of Ignite Drops (Buy 2, Get 1 FREE Bottle + 1 FREE ToxiClear supplement bonus) is the most popular package at $156 plus shipping fee (= $52 per bottle when purchasing 3).
Customer Starter Pack: 1 Bottle of Ignite Drops is the beginner package at just $69 per plus small shipping fee.
EVERY Ignite Drops customer has a 150 Days Money Back Guarantee refund policy when ordering directly from the official website AND contains no hidden fees, rebills or auto-shipping options.
Bonuses:.
ToxiClear all-natural body detoxifier used in conjunction with the Ignite Drops (use ToxiClear at night before bed while using Ignite Sunrise Drops in the morning before breakfast).
Safety Risks:.
Ignite will never be offered anywhere but IgniteDrops.com.
Do not ever buy Ignite Amazonian Sunrise Drops from Amazon, eBay, Walmart, GNC, CVS or any other third party retail marketplace to avoid all scams and cheap counterfiets.
The 150-day refund policy for all Ignite Drops customers is only valid through the official website. No other fake Ignite Drops scams will honor the money back guarantee like the real manufacturers and formulators, not to mention the safety checks and testing reassurances.
Contact:.
By taking one full dropper of Ignite daily , you can boost energy, burn fat, increase your metabolism, and lose weight, according to the manufacturer.
Does Ignite live up to the hype? How do Ignite Amazonian Sunrise Drops work? How much weight can you lose?
Keep reading to find out everything you need to know about Ignite Amazonian Sunrise Drops and how they work today in our review.
What is Ignite?
Ignite, also known as Ignite Amazonian Sunrise Drops, is a weight loss supplement available as a highly-concentrated liquid.
Sold exclusively online through IgniteDrops.com, the drops have been trending online over the last few months. Sales have surged, and thousands have purportedly used Ignite to lose significant weight in a short period of time.
Each drop of Ignite features a blend of natural ingredients to boost metabolism, accelerate fat burning, raise energy levels, and provide other benefits.
The manufacturer of Ignite based the formula off natural ingredients from the Amazon rainforest. Indigenous peoples of the Amazon purportedly use similar ingredients to stay healthy, slim, and energetic even when on multi-day hunts. Today, you can use those same ingredients to lose significant weight.
As Ignite Drops product formulator Dr. Michael Frazier mentioned, they tested over 900 different ingredient combinations and dosages in order to find the most effective life-changing formula for weight loss today. According to the official Ignite website and customer reviews online , you can lose as much as 1lb of fat per day using the drops.
Just take 10 drops of Ignite per day, then lose weight. The completely raw and all-natural plant-based formula claims to support weight loss by igniting your metabolism, accelerating calorie burning, and boosting your energy.
You can take Ignite on its own, placing 10 drops (one full dropper) in your mouth and letting the liquid absorb underneath your tongue (sublingually) before swallowing it. The area underneath your tongue is ideal for absorption, and you can release the Ignite formula into your body much more rapidly than normal.
Alternatively, some mix Ignite with a shake, water, coffee, or any other food or beverage. Although your body absorbs the active ingredients in a different way, you could still enjoy significant fat burning effects but is recommended to wake up and consume 10 drops of Ignite each morning before breakfast under the tongue for optimal results.
Using Ignite, men and women of all ages may be able to lose significant weight in a short period. However, the formula is specifically marketed to men and women over age 35 who are struggling with weight loss. But given the incredible medical data and scientific literature that supports the Ignite Drops BAM15 fat dissolving hormone activation, many are concluding that, “BAM15 is proven to burn away the deepest and most concentrated areas of fat modules in your body 366% quicker and more effectively and any diet or exercise on the planet.” (National Obesity Center in Tel Aviv, Israel).
Ignite Targets BAM15, The Sunrise Hormone, for Maximum Weight Loss.
Ignite is designed to target a specific hormone in your body called BAM15. BAM15 is specifically connected to weight loss.
In fact, BAM15 may be the reason you’re struggling to lose weight over age 35. As you get older, your BAM15 hormone production changes. According to the manufacturer of Ignite, your declining BAM15 production could make it impossible to lose weight even when dieting and exercising.
BAM15 is called the sunrise hormone because it’s active in the morning. When you wake up, your body has a certain amount of BAM15 activity. Based on the level of that activity, you could have high weight loss throughout the day – or you could struggle to lose weight even when starving yourself and exercising for hours.
With that in mind, Ignite Amazonian Sunrise Drops are designed to activate BAM15 hormone production to increase the number of calories your body burns at rest. When you take 10 drops of Ignite Amazonian Sunrise Drops each morning, you’re altering your body’s BAM15 hormone levels, which could lead to significant weight loss.
According to the official website, Ignite can help you lose 1lb of fat per day. Many verified purchasers have left reviews online claiming to have lost 20lbs, 30lbs, or even 70lbs and more with the liquid formula.
Any weight loss formula can claim to help you lose weight. However, only the best formulas genuinely work as advertised. Below, we’ll explain some of the specific ways in which Ignite helps with weight loss.
Support Hormone Production: Ignite claims to help support BAM15 production, activating BAM15 hormone and enhancing BAM15 hormone activity. Studies show your BAM15 hormone is linked to blood flow, inflammation, and weight loss. In fact, studies show overweight people tend to have lower BAM15 levels than slimmer people. Ignite also claims to help with menopause and overall sexual function in men and women, which are typically linked to other hormones. By targeting hormones in various ways, Ignite can support significant weight loss effects.
Raise Metabolism, Energy, and Daily Calorie Burning: The only way to lose weight is to burn more calories than you consume. When you burn more calories than you consume, you have a caloric deficit. Your body needs to make up this caloric deficit from somewhere, so it burns your fat for energy instead. Ignite can purportedly raise metabolism and energy, increasing the rate of daily calorie burning.
Incinerate 1lb of Fat Per Day: Even if you’re eating right and exercising, you might struggle to burn fat away from your body. Some people never lose weight, for example, because their bodies stubbornly cling to fat. Some people have high levels of stress that force their bodies to hold onto fat. Others struggle with weight loss for hormonal reasons. Whatever the reason may be, Ignite aims to help you incinerate 1lb of fat per day from your body, helping you rapidly reach your weight loss goals.
Support Anti-Aging, Stress Relief, Pain Management, and More: Do you struggle to exercise because of joint pain? Do you have high levels of stress? Do you look and feel old? All of these effects can make it difficult to lose weight. Ignite aims to support anti-aging, stress relief, and pain management effects to help with weight loss. Some reviewers, according to the official website, have felt their pain “vanish” after taking Ignite, making it easier to be active and lose weight.
Because of these four effects and others, Ignite is marketed as the ultimate weight loss aid.
The official Ignite Amazonian Sunrise Drops website has plenty of testimonials from customers who have lost 0.5lbs to 1lb of fat per day while taking Ignite. Typically, the best diet and exercise programs lead to 0.5lbs to 1lb of fat loss per week. However, Ignite claims to offer similar weight loss in just a day.
One woman named Alex T was skeptical about the weight loss benefits of Ignite, but she already lost 25lbs and is “never going back” to a time where she doesn’t take Ignite every morning.
One man lost 17lbs with Ignite, claiming he has never seen anything work as fast as the Ignite formula; he also claims his body feels better overall thanks to Ignite.
Another woman claims to have lost 37lbs in 2 months of taking Ignite, claiming she takes the drops every morning and sometimes at night to help her rapidly lose weight; that woman does not appear to weigh more than 150lbs, indicating she lost a substantial percentage of her body weight in just 8 weeks of taking Ignite; she also claims Ignite lowered her blood pressure.
According to the official website, over 100,000 men and women have incinerated 1lb of fat per day with Ignite, leading to significant fat loss in a short period.
Some customers claim to have followed small diet and exercise programs while taking Ignite, although most customers do not disclose any type of diet or exercise program.
One customer claims she lost 35lbs in 6 weeks with Ignite, while another customer reported losing 42lbs.
Overall, the Ignite website is filled with testimonials from verified purchasers who claim to have lost anywhere from 10lbs to 60lbs after taking Ignite for a few short weeks. Some customers were very obese when they started taking Ignite and appear to have lost over 100lbs, based on before and after images shared on the official website. Other customers already appeared to be a healthy weight but lost significant weight while taking Ignite regardless.
What to Expect When Taking Ignite.
Many weight loss formulas claim to lead to significant weight loss benefits – only to not work as advertised. However, Ignite features a blend of natural ingredients that can purportedly help you lose weight while also supporting heart health, boosting metabolism, and incinerating 1lb of fat per day.
Losing 1lb of fat per week is considered a very good weight loss routine. To lose 1lb of fat per week, you need to maintain a caloric deficit of around 500 calories per day, or 2,500 calories per week. If you can stick to that routine, you can expect to lose around 1lb per week or 4lbs per week.
However, according to the official Ignite website , the liquid formula can melt 1lb of fat per day, and 100,000 men and women have used the formula to achieve similar weight loss results.
Effect #1: Lose 1lb Per Day: Ignite was developed based on an “ancient Amazonian drip method” that can “incinerate 1lb of fat per day,” according to the official website. In fact, the manufacturer of Ignite claims the system has been used by “over 100,000 men and women” to lead to substantial weight loss. By igniting a hormone called BAM15 within your body, Ignite can purportedly counteract the difficulty of losing weight after age 35 and make it easy for you to burn substantial fat in a short period.
Effect #2: Support Cardiovascular Health: Ignite can purportedly support cardiovascular health with a blend of natural ingredients – including African mango extract to support circulation. Some natural ingredients have been shown to support circulation throughout your body. When your blood can circulate more easily, it’s easier for your heart to function. When there’s less strain on your heart, you can support cardiovascular health. Heart disease is the number one killer for most countries worldwide, and many overweight people have poor cardiovascular health. Ignite can help support heart health with ingredients like African mango extract and green tea extract.
Effect #3: Boost Energy & Metabolism: Ignite can increase energy and metabolism, helping your body burn more calories at rest than it normally would. Some people naturally burn more calories at rest than others, giving them a significant weight loss advantage. Your body naturally burns calories as you sleep, for example, and most people burn 500 to 1,500 calories overnight. Ignite can increase the number of calories your body burns, making it easier to maintain a caloric deficit and lose weight.
Effect #4: Support Cognitive Health: Low BAM15 hormone activity can leave you feeling mentally sluggish. Some people have mental fog, for example, while others feel groggy in the morning or mid-afternoon. Ignite aims to ignite your physical and mental energy, which can lead to significant support for cognitive health. Ignite can support mental focus and alertness using a blend of antioxidant-rich ingredients that support healthy inflammation throughout the body.
Effect #5: Activate Your BAM15 Hormone: After age 35, it’s increasingly difficult to lose weight. The makers of Ignite blame this problem on your BAM15 hormone. Your body produces this hormone differently as you age, and BAM15 levels drop significantly after age 35. By taking Ignite Amazonian Sunrise Drops daily, you can purportedly reactivate your BAM15 hormone, awakening its production and enjoying similar weight loss effects to when you were younger. To do that, Ignite contains ingredients like guarana – naturally found in the Amazon and used by indigenous peoples to raise energy. In fact, Ignite can stimulate BAM15 production by “up to 327%”, according to the manufacturer. Complementary ingredients like astragalus root, meanwhile, can activate BAM15 by “as much as 93%,” giving you substantial increases in BAM15 activity overall.
Effect #6: Improve Sexual Performance: Ignite can do more than just help you lose weight and ignite BAM15 hormone production; it can also revitalize your sexual performance. In fact, some of the indigenous peoples of the Amazon use similar ingredients to Ignite to improve erection quality and boost sex drive. Key sexual health supporting ingredients in Ignite include ginseng and guarana, both of which have been used for sexual health in traditional medicine.
Effect #7: Support Stress Response: Many of the ingredients in Ignite are considered adaptogens, which means they’ve been shown to support your body’s response to physical and cognitive stressors. Some of these ingredients have been used for centuries for that purpose. Ignite aims to support stress response using a blend of highly-concentrated natural ingredients in the liquid formula.
Effect #8: Help with Anti-Aging, Pain, Menopause, Cortisol, Hormone Production, and More: Some weight loss formulas only target one or two benefits. However, Ignite can purportedly target dozens of benefits, helping with anti-aging, pain management, menopause, cortisol, hormone production, and other effects. When you take Ignite daily, you can support hormone production throughout your body, leading to significant benefits in multiple areas of your life.
Scientific Evidence for Ignite: How Do the Ingredients Work?
Ignite claims to offer more powerful weight loss results than virtually any other weight loss formula sold online today. How does Ignite do it? Is there any scientific evidence supporting Ignite’s claim of losing 0.5lbs to 1lb per day? We’ll review some of the ingredients in Ignite and the science behind them below.
The Ignite Amazonian Sunrise Drops ingredients are Guarana seed, Astragalus root, Maca root, Capsicum Annuum fruit, Grapefruit seed, extract, African Mango extract, Eleuthero root, Gymenma leaf, Forskolin, Green Tea leaf extract, Grape seed extract and Panax Ginseng root. Let’s review the Ignite ingredients to see what some of these prominent super nutrients can provide backed by the latest scientific research:.
African mango extract is one of the superstar ingredients in Ignite. In a 2013 study , African mango extract was found to help with weight loss thanks to its high natural levels of ellagic acid. Ellagic acid is linked to fat burning, metabolism, appetite suppression, and other effects, which could make African mango extract the ideal weight loss supplement ingredient.
Green tea extract, meanwhile, is rich with antioxidants that help with weight loss. Multiple studies have linked green tea extract to significant weight loss results, including higher rates of fat burning, better metabolism, and higher energy levels. Because green tea extract is rich with natural antioxidants like EGCG, it has been linked to everything from fat burning to overall health and wellness.
Adaptogens like astragalus, eleuthero root, and ginseng can all support stress response. Ignite contains high concentrations of these ingredients. Astragalus and eleuthero root have been used in traditional Indian (ayurvedic) medicine for centuries, while ginseng is used in traditional Korean and Chinese medicine. All three of these ingredients can support stress response, anti-aging effects, antioxidant activity, and more, making it easier to lose weight.
Cayenne pepper is rich with capsaicin, which naturally boosts metabolism and helps your body burn more calories at rest. There’s a reason many of the most popular weight loss aids contain capsaicin, and Ignite contains a particularly strong dose of liquid cayenne pepper (but without the spiciness).
Maca could impact hormones, sex drive, and other benefits. Ignite claims to help with more than just weight loss, and maca could be part of the reason. Ignite contains a concentrated liquid dose of maca to help with metabolism, sexual health, and weight loss. In a 2014 study , researchers also found maca helped with previously understated benefits like depression and oxidative stress, both of which could help your body release stubborn fat.
BAM15 hormone activators like forskolin, guarana, grapeseed extract, and gymnema sylvestre have been added to the formula for their effects on BAM15 hormone production. Grapeseed extract is rich with natural antioxidants like resveratrol, for example, while Gymnema sylvestre has plant-based antioxidants (polyphenols) linked to similar effects. Forskolin can help with insulin resistance, while guarana is a natural energy booster. These ingredients work in different ways to support BAM15 hormone production and activate your BAM15 hormone levels at any age.
Overall, Ignite has not completed clinical trials to verify it works as advertised, although many of the ingredients inside the supplement are backed by legitimate science proving they work as advertised.
Ignite Amazonian Sunrise Drops Pricing, Deals, & Discount Codes.
Ignite is available for $69 per bottle. However, you can pay less and get special bonuses – like free shipping and a detox supplement called ToxiClear – by ordering multiple bottles of Ignite at once.
Here’s how pricing breaks down at IgniteDrops.com :.
Popular Pack (3 x Ignite, 1 x ToxiClear): $156 + $9.95 Shipping.
Customer Favorite Pack (5 x Ignite, 1 x ToxiClear): $246 + Free US Shipping.
Ignite comes with a 150-day moneyback guarantee. You have 150 days to try the formula and see if it works for you. If you’re unhappy with Ignite for any reason, or if you did not lose significant weight with the formula, then you are entitled to a full refund.
ToxiClear, included with the 3 and 6 bottle packages, is a detoxification supplement designed to complement Ignite. It cleanses the body, helps you prepare for further weight loss, and releases toxins using natural ingredients.
Who Makes Ignite? Manufacturer & Contact Info.
Ignite is made by a company that does business under the same name. That company manufactures Ignite in the United States in an FDA-registered, GMP-certified facility using ingredients sourced from the Amazon rainforest, the United States, and around the world.
Email: support@ignitedrops.com.
The latest buzz revealed in this Ignite Amazonian Sunrise Drops review showcases why so many consumers from around the world are relying on this liquid weight loss supplement to burn fat and optimize hormonal health naturally. But in order to truly review the Ignite weight loss drops in full, it is best if customers understand what other high-profile products are on the market that might rival up against the newfound fame and attention these Amazonian Sunrise drip method drops are getting today. Let’s dive into how the Ignite Drops work for weight loss in comparison to two other prominent formulas available:.
Ignite and VivaSlim are two of the most popular liquid weight loss tonics sold online today. Both come in similarly-sized bottles, promise similar weight effects, and use collections of natural ingredients.
In fact, Ignite and VivaSlim have several ingredients in common. Both Ignite and VivaSlim contain African mango extract, for example, along with astragalus and maca. These three ingredients work to support weight loss in each supplement – although they work in different ways.
Ignite is designed to help you lose significant weight in a short period by activating a hormone called BAM15. That hormone declines in activity as you get older, making it hard to lose weight. VivaSlim, in comparison, uses similar ingredients to Ignite but is not designed to target BAM15. Instead, VivaSlim aims to open up your cytokine gates and control blood sugar and blood fat levels to help with weight loss.
Both Ignite and VivaSlim claim to offer around 0.5lbs to 1lb of fat loss per day, according to reviews shared online. Although neither weight loss claim seems realistic, Ignite and VivaSlim have hundreds of reviews from customers who have lost anywhere from 8 to 15lbs in just 2 weeks of taking either formula.
VivaSlim may be the more reputable and transparent supplement of the two. VivaSlim is made by a well-known and established supplement company named Simple Promise. In comparison, we know little about the makers of Ignite.
VivaSlim is significantly cheaper than Ignite, priced at just $49 per bottle instead of $69. However, the two supplements have similar refund policies (150 day refund policy for Ignite or 365 day refund policy with VivaSlim).
Overall, Ignite and VivaSlim have similar ingredients, similar weight loss claims, and similar methods of action, and they could lead to significant weight loss using a blend of natural ingredients.
Ignite Versus Biotox Gold.
Ignite Amazonian Sunrise Drops and Biotox Gold 2.0 are two popular liquid weight loss formulas. Both feature a highly-concentrated liquid blend of active fat burner compounds. However, the two use different ingredients and target weight loss in different ways.
Biotox Gold 2.0 from Biotox Nutrition , for example, focuses specifically on eliminating toxins from your body every day. When you eliminate toxins from your body, it makes it easier to lose weight. Releasing toxins can help you physically lose weight, but it can also help you prepare for further weight loss.
In comparison, Ignite claims to work by affecting your hormones. The supplement claims to activate a special weight loss hormone called BAM15, for example, linked to significant fat burning effects. Biotox Gold also claims to have secondary hormone affecting benefits, although its primary goal is to detoxify your body.
Although Ignite and Biotox Gold 2.0 work in different ways, they share a surprising number of ingredients. Both formulas contain ginseng, guarana, grape seed extract, cayenne pepper, African mango extract, and maca root, for example. That’s not totally surprising, because all of these ingredients are popular weight loss compounds found in many supplements. However, it does mean you can expect similar benefits when taking Ignite or Biotox Gold.
In terms of pricing and refund policy, Biotox Gold is slightly more expensive than Ignite, priced at $79 per bottle instead of $69. That makes Biotox Gold one of the internet’s highest-priced liquid weight loss formulas. Biotox Gold also only has a 60 day moneyback guarantee, which is much shorter than the 150 day moneyback guarantee for Ignite.
Overall, Ignite and Biotox Gold make similar weight loss claims and contain similar ingredients. They should provide similar weight loss effects. However, if you’re looking for transport ingredients, a more competitive price tag, and unique weight loss benefits, then Ignite could have the slight edge over Biotox Gold 2.0.
While the Biotox Gold and Vivaslim liquid weight loss products are the most notable Ignite Drops supplement competitors, one can go down the line of the best weight loss pills such as Exipure or Protetox , or alternative options like meal replacement shake powders (for example Ikaria Lean Belly Juice ), but will clearly see why this formula stands out above the rest as a clear-cut winner for activating the right hormonal environment to induce faster fat burning results.
During the official Ignite presentation at IgniteDrops.com , Dr. Michael Frazier touched on the fact that he and Rick Peterson put out a nationwide request for men and women volunteers who were at least 35 years of age and wanted to lose at least 10 pounds of body fat – and the response was phenomenal with 12,564 men and women of all shapes and sizes signing up to use the Ancient Amazonian Morning Drip Method hack daily for a few months.
The over twelve thousand Ignite Drop customers who enjoyed success is due to Ignite’s ingredients being able to address the scientifically and clinically proven origin of your uncontrolled body fat and bad health. Ignite Drops formulator Dr. Frazier went on to say that “Every single person had a 300% to 700% increase in the production of BAM-15 (which means at least three to seven times more fat melting power than before).” He also said that every customer experienced a wide range of benefits from deeper, more refreshing sleep, to powerful libido and energy levels, to the relief of brain fog, depression and anxiety.
The Ignite Drops customers that the doctor administered during the study to participants yielded, “97% of participants reported losing at least 28 pounds with the average weight loss around 32 pounds, some folks even lost as much as 83 pounds, the remaining 3% lost over 21 pounds.” The video presentation also features amazing before and after pictures received by real customers who are using these sunrise drops every morning.
Ignite Sunrise Drops are a high-powered liquid formula featuring a blend of vitamins, minerals, herbs, and plants sourced directly from the Amazon rainfoest designed to help you lose significant weight by activating your BAM15 hormone.
Marketed to anyone who wants to lose a lot of weight in a short period of time, Ignite can purportedly help you burn around 1lb of fat per day – or 30lbs per month – with limited diet or exercise required by carefully preparing these 12 rare ingredients into one-of-a-kind bottles with a glass dropper that allows you to easily put 10 drops of this ancient fat scorching exilir under your tongue every morning before breakfast for incredible fat burning potential due to the activation of the fat dissolved hormone BAM15.
Buy Ignite Amazonian Drops online today at IgniteDrops.com , where it’s a risk-free purchase backed by a rock-solid 150-day moneyback guarantee.
Tags: Ignite.
Sponsored Post.
The Buzz: Sent on Mondays with everything you know to start the week in Orlando.

**3.** <https://www.xyngular.com/en-ca/products/ignite/>

Reignite your weight loss potential.
The Xyngular Ignite System provides fast, noticeable weight loss in only 30 days. With powerful supplements that offer head-to-toe nutritional support, boost metabolism, burn fat, and remove toxins, you'll feel like your best self. Ignite kick-starts weight loss with a simple-to-follow 8-day Jumpstart meal plan. After your Jumpstart you'll choose a low-carb or keto meal plan to keep up the momentum. Add on your very own virtual coach Xander to remind you when to take product, and provide you with valuable information and guidance, and you're unstoppable.
Ignite System Resources.

**4.** <https://www.youtube.com/watch?v=hy0NRDNCgrY>

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**5.** <https://www.tribuneindia.com/news/brand-connect/ignite-weight-loss-drops-reviewed-what-to-know-about-ignite-amazonian-sunrise-drops-before-buy-441562>

Sponsored article.
6597.
The newest naturally derived drops from Ignite are brand-new weight-shedding drops that are created from 12 active components. The motionlessness of BAM15, which is also known as the morning hormone, is regarded as the chief reason for excessive unhealthy weight. But Ignite Drops fixes this matter. The creator of Ignite ensures that this component would work for every person as it has got components that science supports. .
The amount of solution present in the 60 mL batch of Ignite is sufficient to last for a month. Ignite Drops is regarded as a tincture-formed weight shedding solution that aims to assist every person who is over 18 and wants to shed weight regardless of present body weight and gender. However, according to the creator of Ignite Drops, to shed pounds effectively and securely, a person needs to put ten drops of this formulation under his tongue for nearly thirty seconds and ingest the remaining solution. This way, he will be able to feel its power and strength. .
Ignite Drops is filled with effective components that can propose nourishment to people’s bodies. These components carry nutrients and antioxidants to a person’s body that helps in accelerating metabolism and burning fat layers. According to the official website, some common benefits of Ignite Drops are:. .
● Improves energy levels – Every ingredient present in Ignite Drops works with one another to boost people’s metabolism. Hence, people can continue to remain active all through the day. So, even when people consume less and take fewer calories, they remain energetic as they get the nutrition from the ingredients of Ignite.
● Controls blood glucose – Controlling blood glucose is another notable benefit of Ignite Drops. This formula helps regulate the levels of blood sugar as it lessens all kinds of toxins from a user’s bloodstream.
● Supports weight loss – Ignite Drops promotes weight loss in a user’s body and assists him in achieving his fitness goals. It turns people’s bodies into fat-burning heaters even when they are resting.
The only method to buy Ignite Drops is through its official website . You will come across some package choices provided on the website based on the number of bottles people want to purchase at once. People can take their pick from one bottle, three bottles, and five bottles. When they buy in bulk, they get free shipping, and those who buy three bottles or more get one bottle of ToxiClear for free. .
Based on the official site of this formula, it becomes tough for people who have attained the age of 35 years to shed weight due to a hormone, BAM15, which is an essential hormone needed for weight loss. For people of this age, this hormone turns dormant. This is the reason, though people try very hard, they fail to shed weight effectively. In this situation, people understand the significance of Ignite Drops. The active ingredients of Ignite Drops work collaboratively to activate the production of the hormone BAM15. If this hormone turns active, a person’s body begins to shed weight even in the resting position. It becomes a fat-burning furnace that kickstarts metabolic reactions. And it helps in burning fat in the body fast. .
When a person doesn’t love to eat low-carb items, he can depend on this supplement to lose body fat and achieve their desired body composition. .
Ignite Drops is a scientifically-proven formula. People who have used it have not reported any side effects though they have used it for several years. Despite the presence of countless online health scams, this supplement has proved to do its job effectively and augment functionality. According to the reviews, Ignite Drops works for countless people. . .
The manufacturer of Ignite Drops suggests people consume ten drops of this supplement regularly. However, measuring these drops is not tough, and every bottle of Ignite Drops is found with a glass dropper that measures drop by drop. To use this formula, you need to put it under your tongue. After this, you need to hold it for nearly thirty seconds and then swallow. If a person can do this, this formula would spread in his body quickly. .
While taking Ignite Drops, people need to follow some precautions. A person who has not attained the age of 18 years should not take it. Even nursing or pregnant women must not take it. When a person is taking some medical conditions for a particular problem or if he is taking prescription medicine, he ought to consult a doctor before using it.
The creators of Ignite Drops quote more than 12 scientific references that you will be able to see on its official website. Though this formula hasn’t finished clinical trials for verifying that they help people shed 1 lb daily, other 3rd party trials done on the components of this formula have linked these components to providing people weight loss benefits. The entire formula of Ignite is formed on BAM15. Researchers describe this hormone in the form of a mitochondrial uncoupler. According to studies, it has been proved that BAM15 is capable of reversing diet-induced obesity as it lessens inflammatory lipids as well as demonstrates antioxidant effects. .
To put it in simpler words, BAM15 is a hormone that is connected to potent weight loss benefits. Maca present in Ignite Drops does its job of accelerating weight loss. Researchers discovered that when maca extract was provided at dosages of 250-500 mg/kg to mice, it turned out to be a highly influential treatment for depression. Maca has some antidepressant-like effects, and it also assists with oxidative stress. However, researchers have not tested this component for its effects on weight loss. Ignite Drops comprise a blend of components connected to inflammation, weight loss, and different other effects all through the body. Nonetheless, the manufacturers of this formula did not cite any particular research that proved that the components of Ignite Drops could triple the activities of BAM15.
Visit the official Ignite Amazonian Sunrise Drops website for the biggest discounts available with a risk-free 150 day money back guarantee that gives customers complete satisfaction or simply request a refund today.
Disclaimer: The views and opinions expressed in the above article are independent professional judgment of the experts and The Tribune does not take any responsibility, in any manner whatsoever, for the accuracy of their views. This should not be considered as a substitute for medical advice. Please consult your physician for more details. Ignite Drops shall solely be liable for the correctness, reliability of the content and/or compliance of applicable laws. The above is non-editorial content and The Tribune does not vouch, endorse or guarantee any of the above content, nor is it responsible for them in any manner whatsoever. Please take all steps necessary to ascertain that any information and content provided is correct, updated, and verified.
Himachal polls: Pratibha Singh's choice negated in Manali, youth wing chief loses Kinnaur bid as Congress names four more candidates.
Xi Jinping secures historic 3rd term, becomes China's most powerful leader.
'Historic mission': ISRO's heaviest rocket LVM3-M2 successfully places 36 satellites into orbit.
T20 World Cup: Bad weather may play spoilsport during high-voltage India-Pakistan clash.
All 300 ALH copters to undergo check.
Drone activity along India-Pak border in Punjab poses big challenge to security agencies.
The Tribune, now published from Chandigarh, started publication on February 2, 1881, in Lahore (now in Pakistan). It was started by Sardar Dyal Singh Majithia, a public-spirited philanthropist, and is run by a trust comprising four eminent persons as trustees.
The Tribune, the largest selling English daily in North India, publishes news and views without any bias or prejudice of any kind. Restraint and moderation, rather than agitational language and partisanship, are the hallmarks of the paper. It is an independent newspaper in the real sense of the term.

**6.** <https://www.amazon.com/Supplement-Designed-Hardcore-Enhanced-Servings/dp/B0B7B521M8>

**7.** <https://igniteeclinic.com/>

Weight Loss & Mental Health.
Ignite Weight Loss & Mental Health is a unique practice focused on sustainable, results-based weight loss for residents of Texas, Arizona & New Mexico with overweight/obesity. Ignite also provides compassionate psychiatric treatment separately or together with weight loss services. Areas of expertise include prescription medication management, as well as lifestyle, exercise, and nutrition counseling. A holistic approach is given to your mental, physical, social, and emotional well-being to ensure you, as a whole person, are reaching your goals. .
Featured Services.
Ignite Weight Loss & Mental Health is focused on your weight loss goals and overcoming barriers to success such as slow metabolism, fatigue, constant hunger, and overeating using evidence-based nutritional and therapeutic counseling. Ignite can provide custom-selected medications, such as GLP-1 agonists, appetite suppressants, energy boosters, vitamins, natural supplements, and injectables for the treatment of overweight/obesity.
In addition, we offer evaluation, diagnosis, and treatment for primary or co-occurring mental health issues, such as anxiety, addiction, depression, bipolar, post-traumatic stress disorder (PTSD), panic, attention deficit-hyperactivity disorder (ADHD), and dual-diagnosis.
Weight Loss Medication.
Weight is determined by multiple factors, including genetics, environment, sleep patterns, and mental health. Try our four-point weight loss approach!
Nutrition Counseling.
Exercise Counseling.
With exercise counseling, you can receive a safe and comprehensive workout plan that can better help you meet your weight loss goals.
Behavioral Counseling.
Behavioral counseling can evaluate your current habits in order to help you make healthy changes for an improved lifestyle and health.
Featured Reviews.
Katie has been a God-send to our family. Our 14 yr old daughter has high functioning autism and was reaching all-time lows. We had seen several other practitioners including a pediatric neurologist and no one had been able to connect with our daughter and gain her trust. She didn’t want to go to anymore doctors claiming that no one had helped her and she just couldn’t do it anymore. These are the amazing things about Katie… 1. She is on zoom…this was such a better experience for both my daughter and I. It was amazing to not have to drive, sit in another office, and be seen by someone who never really cared to know us. Zoom was so convenient and we felt more relaxed in our home. 2. Katie is cash pay and the great part about this is that the child didn’t have to be present like in the Dr. Office. This allowed me to talk openly with her about what was going on without my daughter having to be embarrassed or sit through hearing everything again. Being able to have separate appointments allows my daughter and I to both be heard. 3. Katie has been amazingly available. When I have needed prescription refills or needed to touch base she has been extremely responsive and willing to help in timely manner. No more emailing the dr’s nurse🙌🏻🙌🏻. 4. I finally feel like I have someone in my corner who is helping me figure out how to help my daughter. She genuinely cares and I can’t put into words the amount of stress that has taken off of my shoulders. She has thought outside of the box in regards to her medication and we are finally feeling hopefully for the first time in a long time. Can’t recommend her enough!! 10/10.
C.A. Google.
A boutique medical practice that helped me so much. Excellent care and expertise. Especially recommend to women going through menopause and deal with weight gain and hormonal mood swings and anxiety. Lubbock is so lucky to have this practice.
J.R. Google.
Incredible communication and results! Stephanie Lamantia is great. I’m a horrible patient with questions at all hours - she always responded quickly and was very happy to do so. I recommend Ms Lamantia 100%.
C.A. Google.
Stephanie is so motivating in my appointments with her regarding this weight loss plan. I appreciate her professionalism, her promptness, and her availability. She has made the plan an attainable one and helped me work through issues where it seems too daunting. Stephanie is always willing to research innovative ideas in my eating.
L.A. Google.
I love Katie Brandon and everything she has done for me! She has extensive knowledge and the gift to formulate the perfect individual plan for each person! I’m down a pants size in one month and feel empowered and confident!
806-515-4504.
Contact Us.

**8.** <https://www.outlookindia.com/outlook-spotlight/ignite-drops-reviews-honest-customer-warning-ignite-amazonian-sunrise-weight-loss-drops-exposed--news-230456>

Ignite Drops Reviews [Honest Customer Warning!] Ignite Amazonian Sunrise Weight Loss Drops Exposed!
Ignite Drops can be your ideal solution to shedding excess weight. This is a potent oral drop that can be used to control your appetite and metabolism effectively. It can be useful if you find working out hard and adhering to a typical weight loss diet is not bringing desired and lasting results.
Shiva The Consciousness And The Bliss.
Academic and curator Alka Pande looks into the phenomenon and wonders who is Shiva? Is he a God? Is he a concept? Is he truth? Is he a representation of the phallus? Is he a destroyer? Is he the lord of dance?
Religion Always Shapes Political Culture In Liberal Democracies.
Will the gods of the Hindu pantheon be reduced to singular narratives and used to polarise identities based on politics of Otherness? Asks Outlook Editor Chinki Sinha on attempts at appropriation of Shiva.
POLITICS OF SHIVA.
Multivalent & Volatile: Can BJP's Plan To Politically Appropriate Lord Shiva Bear The Fruit?
From the most benign to the most destructive, Lord Shiva remains a mystery who defies definition. Attempts to appropriate him may not succeed.
How Shiva Became A Political Revolutionary Symbol In Kerala.
Countering The Brahmin Shiva: Dravidian Discourse As An Antidote To Hindu Nationalism.
Ganeshwar, a PhD scholar with the Hyderabad University, tells us why Hindu nationalists will find it difficult to construct Shiva as the face of their aspirations in southern states.
Obesity is one major health menace that keeps millions of people worried, and it is one of the major factors leading to the onset of serious ailments. They try so many things to shed off excess fat from their figure, but very few attain lasting and satisfactory results. The examples of obese people coping with adverse effects after trying to lose weight using crash diet programs are aplenty. The truth is people become obese for various reasons, and so generic weight loss supplements or diets may not bring desired long-term results. If you are tired of trying OTC weight loss products, check out the Ignite Amazonian Sunrise Drops.
Ignite Drops can be your ideal solution to shedding excess weight. This is a potent oral drop that can be used to control your appetite and metabolism effectively. It can be useful if you find working out hard and adhering to a typical weight loss diet is not bringing desired and lasting results. It is made with a mix of proprietary ingredients, and the formulation works on the BAM 15 hormone. This is a natural supplement made with carefully chosen and safe ingredients. Its core ingredients are harvested in the remote places of the Amazon rainforest. These ingredients fuel the dormant BAM15 hormone, which in turn speeds up weight loss.
A number of studies have hinted that people above 35 find it tedious to achieve a healthy body mass ratio. BAM15 hormone, which has a key role in causing weight loss in humans, tends to work less after the mid-30s. Ignite Sunrise Drops. Aim at the stored visceral fat. You need to take just a few drops of the supplement every day to kick-start the fat-burning process. It boosts your metabolism as well as energy levels. It also improves gut health and streamlines the digestion process, which is a prerequisite for balanced weight loss.
Before you start using any supplement for losing excess weight, it is necessary that you learn about its major ingredients. Ignite Drops is made with a dozen science-based ingredients.
● Astragalus roots- This ingredient, as per the brand’s claims, boosts the dormant hormone by more than 90 percent in people above 30. It is also possible that Astragalus can bring down insulin resistance, thereby enhancing glucose conversion into fat. It generates the optimal fat-burning environment. Astragalus root has proven energy-enhancing properties.
● Grapefruit Seed- Grapefruit Seed is rich with nutrients that enhance Bam 15 production in the human body. Grapefruit is known for its antifungal and antibacterial properties.
● African Mango- African mango is beneficial for heart health, as per some study findings. It supports metabolism and enhances energy levels. It is replete with key nutrients that stabilize blood sugar and correct hormonal imbalance.
● Capsicum Annuum- Capsicum is used extensively in Asian cuisine. The vegetable is enriched with anti-inflammatory nutrients and antioxidants. It speeds up metabolism and, at the same time, offers other benefits like blood pressure and cholesterol regulation.
● Eleuthero Root- This weight loss supplement comes with the goodness of Eleuthero Root. This herbal root boosts the digestion process and controls insulin resistance. It also enhances cognition and reduces mental fatigue.
● Maca Root- Maca root is known for enhancing BAM15 hormone production, and it also boosts the default metabolism in the human body. It enhances fat oxidation in a balanced manner. It is also good for those coping with symptoms triggered by menopause.
● Green Tea Leaf- It is common to see verbal weight loss products coming with extracts of green tea. Ignite Drops also contains green tea extracts. It enhances fat metabolism and hikes energy levels. It also enhances focus and alertness.
● Panax Ginseng- This herbal extract enhances testosterone production and thus boosts sex drive in men. It also plays a role in enhancing metabolism in the human body. The brand says it helps in boosting BAM15 levels in the body as well.
● Gymnema Leaf- Gymnema extract plays a role in regulating the blood glycemic index. It boosts insulin sensitivity and fights fat storage. It also reduces unhealthy inflammations.
● Forskohlii root- It is known to prevent glaucoma and enhance the glycemic index, more so in fat people.
● Guarana seeds- This ingredient helps boost heart health, and it aids in losing excess weight in a balanced and safe manner. It is said to be much more effective in losing fat than working out. Guarana seeds can boost immunity levels and drives out toxin from the body.
How to use Ignite Amazonian Drops?
Using Ignite Drops is simple, and you will not need to spend much time on it, either. Take 20 drops of the supplement a few minutes prior to breakfast every day. You need to keep using it for three months or more to lose excess weight and retain the results, says the company.
Are there any risks involved?
Ignite Drops is said to be safe, and there are no serious side effects. It is made with safe and powerful natural extracts, and there are no harsh chemicals used in its formulation.
There are several reasons to pick Ignite Drops over the other products.
● It does not require you to alter your diet.
● It does not require you to undergo any painful process.
● The extracts used in it fetch you additional health benefits.
What about the pricing? How to buy it?
Ignite Drops is not very steep on your wallet. However, the manufacturer insists you should buy it from its official website only. You get amazing discounts by buying it from the company website. The brand packs in a bottle of supplement. The supplement comes with an astounding 150-day money-back policy.
Ignite Weight Loss Drops Review - Legit Amazonian Sunrise Drops For Weight Loss Or Cheap Ingredients?
Overall, there is no reason not to try Ignite Drops for losing excess fat. It comes with natural ingredients, and the extracts bring you additional health benefits. The pricing is decent, and you get a very long refund period on top of that.
The links contained in this product review may result in a small commission if you opt to purchase the product recommended at no additional cost to you. This goes towards supporting our research and editorial team. Please know we only recommend high-quality products.
Disclaimer:.
Please understand that any advice or guidelines revealed here are not even remotely substitutes for sound medical or financial advice from a licensed healthcare provider or certified financial advisor. Make sure to consult with a professional physician or financial consultant before making any purchasing decision if you use medications or have concerns following the review details shared above. Individual results may vary and are not guaranteed as the statements regarding these products have not been evaluated by the Food and Drug Administration or Health Canada. The efficacy of these products has not been confirmed by FDA, or Health Canada approved research. These products are not intended to diagnose, treat, cure or prevent any disease and do not provide any kind of get-rich money scheme. Reviewer is not responsible for pricing inaccuracies. Check product sales page for final prices.
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**9.** <https://www.outlookindia.com/outlook-spotlight/ignite-drops-reviews-scam-revealed-don-t-buy-until-see-this-news-229935>

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Ignite Drops Weight Loss Customer Based Review: Truth Revealed Study….
Comorbidities of obesity include hypertension, sleeplessness, shortness of breath, diabetes, cardiovascular disease, and psychological conditions including depression. As you continue to fight an uphill battle against your weight, these risks will continue to mount.
Perhaps you've tried rigorous exercise plans and diets to reduce your weight. However, the vast majority of people who try to obtain a toned figure in this way are ultimately unsuccessful. Because of work and family commitments, most people find it difficult to stick to rigid dieting and exercise schedules.
Supplementation may be the next logical step for those who have tried and failed to lose weight through diet and exercise. There are a lot of weight loss products on the market, and Ignite Drops is only one of them. Hopefully, this Ignite review will help you decide whether or not it is right for you.
Ignite Amazonian Sunrise drops are brand-new weight-loss drops made from all-natural ingredients. Ignite is specifically created to stimulate BAM15, a hormone that works on your metabolism to kick-start fat burning immediately. Connect us to learn more….
What Are these Ignite Amazonian Sunrise Drops?
Ignite Drops is a weight loss drop that relies on all-natural components to promote weight loss. According to the creators of the weight-loss solution, shedding extra pounds becomes exponentially more challenging after the age of 35. .
The author maintains that this is not due to the work put in by the characters. Instead, the hormone BAM15 is the focus. Forget about other hormones; this one is the key to curing disease once and for all. It's not easy to activate, though. Natural elements abundant in Ignite Amazonian Sunrise Drops set off the synthesis of this hormone. This makes the body's metabolism attack the dangerous visceral fat that surrounds and suffocates our vital organs. It is safe for everyone and designed for both genders.
Ignite Drops Reviews (Hidden Truth) Fake Amazonian Sunrise Drops or Real Weight Loss Results?
Ignite Drops Canada [CA] Shocking Reviews & Complaints: Does It Really Work? 'Ignite Weight Loss Results' Side Effects, Pros, Cons, & Ingredients.
Some people believe they are eating healthily, but they continue to have difficulties maintaining a healthy weight. Ignite Weight Loss is an effective solution for this issue. The formula's developer claims that his or her research shows that people over the age of 35 cannot successfully lose weight unless they also address the underlying causes of their obesity.
The BAM15 hormone is at the heart of the problem of excessive weight gain. Due to its influence on morning weight reduction, this hormone has been dubbed "the sunrise hormone" or "morning hormone," and it is this hormone that the Ignite Amazonian Sunrise Drops aims to stimulate. The developer of the BAM15 hormone claims that it can accelerate fat loss by 366%, making it more effective than "any diet or exercise in the world.".
A daily dose of Ignite Amazonian Sunrise Drops is suggested by the company to hasten weight loss. When used as directed first thing in the morning, each user can expect to lose almost 11 pounds of fat per day.
Review of the Ingredients in Ignite's Amazonian Sunrise Drops.
The website claims that the Ignite Amazonian Sunrise Drops contain a synergistic blend of all-natural components. Ingredients include fat-burning vitamins, minerals, nutrients, herbs, and plant extracts. A closer look at its formulation reveals the following ingredients:.
• Gymnema leaf extract is a natural plant extract with multiple beneficial effects. Some research suggests it may help lower blood sugar and improve cholesterol and triglyceride levels. Among its many advantages, it also reduces inflammation.
• Forskolin, which has been linked to weight loss, is abundant. Forskolin makes you eat less and speeds up thermogenesis, two things that help you lose fat quickly. For this reason, forskolin can be found in a variety of current-day dietary supplements and weight-reduction regimens. The ingredient in Ignite Amazonian Sunrise Drops has a lot of benefits, such as protecting against glaucoma, making insulin resistance less of a problem, and lowering blood pressure.
• Green Tea Plant Extract is effective in promoting weight loss. It helps you lose weight in several ways and is loaded with antioxidants like EGCG. This is a component of Ignite Amazonian Sunrise Drops that aids in the maintenance of normal bone and cholesterol levels. As a bonus, it raises one's levels of concentration and wakefulness.
• Grape Seed Extract is another common additive found in many dietary supplements. Polyphenols, the antioxidants found in plants, are abundant in this food. Similar to green tea extract, it has been shown to have positive effects on bone health, brain function, and skin cancer risk.
• Panax Ginseng Plant is used extensively in traditional Chinese and Korean medicine. A higher level of BAM15 production and activity in the body helps consumers get to the bottom of why they start putting on weight after the age of 35. The makers of this substance say that it can also help with erectile dysfunction and lower stress.
• Guarana Seed is included in Ignite Amazonian Sunrise Drops to stimulate and increase BAM15 production by 327 percent. By making the hormone work three times as well, it helps people lose fat quickly and keep a healthy weight. .
• Maca Root Increased BAM15 activity has been linked to the use of the plant-based substance. The developer claims that the component speeds up the body's natural processes for burning fat and losing weight (specifically, the activity of BAM15). This ingredient has been utilized for millennia in South American recipes. It has been shown to help with the symptoms of menopause and to lessen feelings of worry and sadness.
 Ignite Amazonian Sunrise Drops are a safe and effective way to lose weight and body fat.
 You won't get tired or drained throughout the day because it keeps you energized.
 Alginate, which is in Ignite Amazonian Sunrise Drops, protects the stomach by keeping fat from being absorbed and easing stomach pain.
 It is risk-free because it is gluten-free, vegan, and non-GMO.
 It's great to have a positive mood when you know you're beautiful on the inside. You'll feel more confident after using these drops because they'll help you achieve the body you've always wanted.
 If you're having trouble controlling your appetite, try taking some Ignite Amazonian Sunrise Drops. It's possible to feel full and content after eating only a few bites.
 You'll have more mental clarity.
 Utilizing the weight reduction drop can lower blood pressure.
 Just a few drops provide excellent bone health because the mix contains natural ingredients.
 It helps keep cholesterol levels at a healthy level.
 Additionally, Ignite Drops is regarded as a natural body detoxifier.
Side Effects - Ignite Drops.
Its maker claims it's risk-free since it uses only all-natural components. The use of this product has no negative consequences. People are different, so it's reasonable to expect different results for each. Equally crucial is ensuring that one does not exceed the suggested dose.
Ignite Drops, Where to Buy?
Those interested in purchasing Ignite Amazonian Sunrise Drops can do so directly from the company's website. Information is protected by state-of-the-art encryption methods, and financial transactions are safe. There is no offline distribution of Ignite Amazonian Sunrise Drops. For the convenience of our readers, we put an official link below to the study.
Ignite Drops, Deals, and Refunds!
Premium-quality natural components are used in the manufacturing of this supplement. These amazing deals are now available:.
o Package Deal: The price of one bottle of Ignite Amazonian Sunrise Drops is $69 plus a little shipping fee. .
o Popular Deal: Ignite Amazonian Sunrise Drops, 2 for the price of 1, plus 1 free bonus, are available for $156 per bottle plus shipping. .
o Grand Deal: Ignite Amazonian Sunrise Drops: Buy 3, Get 2 Free + Free Bonus + $246 per bottle + Free Shipping.
There is a 100% satisfaction guarantee for this one-time fee. In other words, you can get your money back in full within the first 60 days if the Revival Tonic doesn't help you lose weight and improve your general health without any negative side effects.
Minors, women who could become pregnant, and those who are already nursing should not use this. Always check with your doctor before using if you have a preexisting medical problem or are taking any kind of medicine.
Ignite Drops Dosage Directions.
The makers of Ignite Drops advise taking the supplement in the same way that the ancient Amazonian tribes did: insert 10 drops of the mixture underneath your tongue in the morning before consuming breakfast. Your metabolism will speed up, as a result, giving you more energy all day long.
 In the glass dropper, add 10 drops each morning when you awaken.
 Take following the directions.
 The medication is more easily and quickly absorbed into the body when administered sublingually, or with drops that are inserted beneath the tongue.
Reviews & Complaints from Customers of Ignite Amazonian Sunrise.
Numerous websites have received only favorable Ignite Drops consumer reviews; none have received negative ones. Users who have used Ignite Drops claim to have lost a significant amount of weight as a result of using the product, which can be purchased from the company's website.
• Ignite Drops users appear to have lost an average of 50 pounds while using the product. Others claim to have observed fewer pain sensations, an improvement in their cognitive function, and various other benefits.
• One woman who used Ignite Drops lost 35 pounds in just six weeks while also lowering her blood pressure and alleviating back discomfort. The woman said she feels entirely different now.
• Ignite Drops, according to the woman, have made her feel like a brand new and improved person.
• Another client of Ignite's was able to lose 42 pounds, and they report that they are "still in awe of the results.".
Is it Worthwhile to Attempt it?
Ignite Drops are a potent weight loss tool that won't put your health at risk in any way. Ignite Drops, a beverage designed to aid in weight loss is made entirely from natural ingredients and does not have any unfavorable effects on the individual who consumes them.
When used consistently, Ignite drops are not only easy to apply but also highly effective. Included in the purchase price is a money-back guarantee that the consumer can take advantage of at any moment within the first one hundred and fifty days. If a person isn't satisfied with the goods for any reason, they always have the option of sending them back to the seller. This vitamin is effective in every way against gaining unhealthy amounts of extra weight.
How Long Does it Take Time to Come the Result?
The effectiveness and dependability of the nutritional supplement known as Ignite Drop After a few months of taking the supplement every day, the positive effects on a person's physical, mental, and cognitive health are clear to see.
The body loses excess fat and becomes toned in all of the appropriate areas as a result of exercising. In addition to this, your mental health will get better. The effect remains for the whole two to three years until the product is no longer available for purchase.
Ignite Drops, also known as Ignite Amazonian Sunrise Drops or simply Ignite, are weight loss supplements that are designed to enhance energy and trigger a specific hormone to address the major reason why individuals acquire weight. The natural plant extracts and other compounds in the drops can assist you in losing weight without fear of side effects.
According to the company's website, it has allegedly helped some consumers lose between 30 and 60 pounds in a matter of months. According to the manufacturer, Ignite's strong fat-burning chemicals allow customers to lose up to one pound of fat every day.
To grab it and place a purchase, click the link given.
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**10.** [https://npwh.org/global\_engine/download\_custom.aspx?fileid=e4091ea5-78f4-458c-8521-0f9625f3dab1.pdf&filename=Ignite Drops Reviews.pdf&blnIsPublic=2&code=blog&sub=add](https://npwh.org/global_engine/download_custom.aspx?fileid=e4091ea5-78f4-458c-8521-0f9625f3dab1.pdf&filename=Ignite%20Drops%20Reviews.pdf&blnIsPublic=2&code=blog&sub=add)

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**weight loss benefits**

**1.** <https://www.cdc.gov/healthyweight/losing_weight/index.html>

Español | Other Languages.
Food Assistance and Food Systems Resources.
Achieving healthy weight loss isn’t about a “diet” or “program” but a lifestyle with healthy eating patterns, regular physical activity, and stress management. Medications taken for other conditions may also make it harder to lose weight. If you are concerned about your weight or have questions about your medications, talk with your health care provider.
When you’re trying to lose weight, it’s natural to want it to happen very quickly. But people with gradual and steady weight loss (about 1 to 2 pounds per week) are more likely to keep the weight off.
Once you’ve achieved a healthy weight, rely on healthy eating and physical activity to help maintain health over the long term.
Losing weight isn’t easy, and it takes commitment. But if you’re ready to get started , we’ve got a step-by-step guide to help get you on the road to weight loss and better health. Before starting on the guide, it’s important to approach the changes with self-compassion and to understand your readiness and motivation. Creating a supportive environment, both physically and with the people in your life, can help you achieve your goals.
Even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.1.
For example, if you weigh 200 pounds, a 5% weight loss is 10 pounds, bringing your weight down to 190 pounds. While this weight may still be in the “overweight” or “obesity” range, this modest weight loss can decrease your risk for chronic diseases related to obesity.
So even if the overall goal seems large, see it as a journey rather than a final destination. You’ll learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits can help you maintain your weight loss over time.
Getting Started.
Improving Your Eating Habits.
Your eating habits, not just what you eat, may be leading to weight gain—for example, eating too fast, always clearing your plate, eating when you’re not hungry, or skipping meals.
Keeping the Weight Off.
Losing weight is the first step. Once you’ve lost weight, you’ll want to learn how to keep it off.
Body Image.
Strategies for Success.
Weight Management for Youth.
What you should know about popular diets.
Learn how to evaluate claims made by weight loss products and diets. Find information to choose weight loss strategies that are healthy, effective and safe for you.
1 Managing Overweight and Obesity in Adults. Systematic Evidence from the Obesity Expert Panel, 2013 [PDF-5.89MB] — US Department of Health and Human Services. National Institutes of Health.
indicate that you are leaving the CDC website.
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These cookies allow us to count visits and traffic sources so we can measure and improve the performance of our site. They help us to know which pages are the most and least popular and see how visitors move around the site. All information these cookies collect is aggregated and therefore anonymous. If you do not allow these cookies we will not know when you have visited our site, and will not be able to monitor its performance.
Functional Cookies.
Cookies used to make website functionality more relevant to you. These cookies perform functions like remembering presentation options or choices and, in some cases, delivery of web content that based on self-identified area of interests.
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**2.** <https://www.piedmont.org/living-better/secret-benefits-of-weight-loss>

Piedmont MyChart.
For COVID or Monkeypox testing, make an appointment at an Urgent Care location , visit hhs.gov or visit the Georgia Department of Public Health website .
You can also schedule a COVID test appointment at any Piedmont QuickCare location . If you have a medical emergency, visit one of our Emergency Departments .
× Medical Services.
Brain Tumor Nationally recognized brain tumor destination for patients in the Southeast.
Heart A nationally recognized heart center providing comprehensive heart and vascular health services.
QuickCare Same-day convenient care right around the corner.
Oncology Our multidisciplinary team provides comprehensive cancer care in a supportive environment.
Maternity Services Compassionate and personalized Maternity care for you and your baby.
Bariatrics Behavioral Health Breast Health Diabetes Emergency Care Imaging Orthopedics Pulmonary Rehabilitation Rheumatology Robotic Surgery.
× Resources.
Piedmont Now Same day appointments with Primary Care, Urgent Care and QuickCare providers.
Piedmont MyChart Access your test results, communicate with your provider, request prescription refills, manage your appointments and more.
Living Better Read articles on helpful tips, health news, recipes and more.
Fitness Centers Our fitness centers focus on disease prevention, rehabilitation and general health maintenance.
Preparing For Your Visit Pre-register for your appointment, get a price estimate and review your pre-appointment checklist.
Secret benefits of weight loss.
You already know weight loss can help you live a longer, healthier life, but do you know how it benefits your body and mind?
Weight loss is about more than fitting into smaller jeans. By maintaining a healthy weight, you could improve your mobility and mood, and you’ll also lower your risk for serious illnesses.
“If you control your weight better, you have a lower risk of cancer,” says Jeffrey McDaniel, M.D. , a Piedmont obesity medicine physician. Weight loss can also reduce chronic pain and ward off diabetes .
What’s more, shedding even a few pounds can improve your health. Though many people fixate on a “goal weight,” Dr. McDaniel encourages patients to take small steps toward a healthier overall outlook.
How weight loss improves your health .
When Dr. McDaniel sees new patients, he asks what motivates them to get in shape. People may want to manage back pain, fight prediabetes or look better for a big event.
But, Dr. McDaniel says, the benefits don’t stop there.
Lower risk for multiple cancers.
Though a better mood and sleep aren’t always simple to track, there’s no doubt that weight loss can have a quantifiable impact.
Why is weight loss so hard?
Even given the many benefits, most people struggle to lose pounds and keep them off. The difficulties they encounter have almost nothing to do with willpower or motivation, Dr. McDaniel says.
“Obesity or being overweight is a chronic relapsing disease,” he explains. “It’s not the patient’s fault.”.
Metabolism.
If you do lose weight, you may be surprised by how easy it is to regain it all. Your body is hardwired to protect you, and it may perceive prolonged dieting as a kind of starvation.
“A common response to weight loss is your body fights it ,” Dr. McDaniel says.
Despite its challenges, weight loss still offers invaluable health and lifestyle benefits. Getting started can be intimidating, but Dr. McDaniel advises patients to take it slow, be honest with themselves and avoid fixating on a single number.
“It doesn’t mean you’re a success or a failure,” he says.
Ask yourself what inspires you to lose weight, and create a realistic plan for dropping pounds slowly. (Sorry, but there’s no healthy way to lose 20 pounds in a single month.).
Small, measurable goals are key, Dr. McDaniel says. If you want to eventually lose 20 pounds, you might aim to drop just a pound or so each week. That way, you can enjoy frequent successes that keep you motivated, and better diet and exercise habits will take center stage in the meantime. .
Dr. McDaniel encourages his patients to try a version of the keto diet, which focuses on more healthy fats and fewer carbohydrates, but he recommends talking with a doctor or nutritionist about meal plans that may work for you.
Remember your weight is not your value.
Dr. McDaniel also recognizes the psychological baggage these topics can carry. Many people have battled weight and societal stigmas for years, and they may struggle with body image and self-esteem.
Here are his tips for people who have emotional issues around weight loss:.
Don’t pay too much attention to the body mass index (BMI) chart. It’s just one indicator, not the ultimate measure of fitness.
Weigh yourself less often.
Use a scale that can display your weight in kilograms or stones, which can help remove any mental stigmas you have around pounds.
Work with a friend to keep yourself accountable and make the weight loss experience more pleasant.
At the end of the day, Dr. McDaniel says, weight loss should lead to fuller, healthier days—not a constant battle with the scale.
“Success, in my mind, is losing weight that’s predominantly fat mass, not losing your muscle, and having better quality of life,” he says.
Are opiates dangerous for treating chronic pain?
Schedule with our online booking tool.
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**3.** <https://www.webmd.com/diet/ss/slideshow-five-percent-weight-loss>

1/15.
You don’t have to slim down to your high school size to get real health benefits. Losing just a few pounds makes a big difference. Five percent of your body weight -- 10 pounds for a 200-pound person -- can improve all kinds of health problems, and make you feel better, too. Talk to your doctor about whether it might help you.
Just 10 extra pounds add 40 pounds of pressure on your knees and other lower body joints. That can wear them out quicker. Extra fat can also cause inflammation -- when chemicals in your body damage your own tissues over time, including your joints. Losing even a little weight can ease these effects. If you keep it off, you’re much less likely to get arthritis later in life.
3/15.
One study showed that older women who lost at least 5% of their body weight lowered their chances of breast cancer by 12%. There’s no such clear proof that losing weight protects you from other types, but some changes that happen when you shed pounds hint that it might. For example, overweight people who slim down have lower levels of some hormones linked to cancer, like estrogens, insulin, and androgens.
If you’re more likely to get the condition, weight loss is one of two ways to prevent or delay it. The other is moderate exercise -- 30 minutes on 5 days a week. If you weigh 160 pounds, you could lose just 8-12 of them to get the benefit. If you already have diabetes , losing that weight can help you take less medication, keep control of your blood sugar, and lower the odds that the condition will cause other health problems.
You can lower your LDL or “bad” cholesterol with healthier food and medications. But it’s harder to raise levels of the “good” kind of cholesterol, HDL. That’s the type that clears bad LDL from your blood, so the more you have, the better. Exercise and losing body fat can get you into the ideal HDL range: above 60 mg/dl, which lowers your odds of having heart disease.
6/15.
They’re particles in your body that transport fat for storage and energy. High levels (more than 200 mg/dl) mean you’re more likely to have a heart attack or stroke. You can get closer to healthy levels (around 150 mg/dl) if you slim down a little. .
7/15.
Extra body weight makes your blood push harder against your artery walls. That makes your heart work harder, too. You can lower the pressure by about 5 points if you trim 5% from that number on the scale. Cut your salt and eat plenty of vegetables, fruits, and low-fat dairy, and you may lower it even more.
People who are overweight gain extra tissue in the back of their throat. When your body relaxes when you sleep, that tissue can drop down and block your airway. It makes you stop breathing over and over all night, which causes all kinds of health problems, especially for your heart. Slimming down a little can oten help with sleep apnea -- sometimes enough that you can stop using the bulky breathing devices that treat it.
9/15.
Body fat, especially in your belly area, gives off chemicals that make your body stop reacting to the effects of insulin, a hormone that keeps the level of sugar in your blood normal. Even though your pancreas works harder to make more insulin, your blood sugar can get too high. A little bit of weight loss can help reverse this effect.
10/15.
Some studies have shown that not getting enough ZZZs can make you more likely to be obese. Others show that losing at least 5% of excess weight can lead to better sleep. But don’t overdo it. Sleeping too much isn’t good for your weight or your health.
11/15.
Weight loss may help chase your blues away. Scientists are still trying to work out why, but better body image and improved sleep may be part of the reason. In one study, depressed people who were very overweight felt better after they lost an average of 8% of their body weight. Other research shows you’ll continue to feel better, even after 2 years -- as long as you keep the weight off.
Fat cells, especially those around the belly, can release chemicals that irritate and inflame tissues all over the body. This is linked to health problems like arthritis, heart disease , heart attack, and stroke. Work toward a 10% weight loss goal, and you can lower the amount of these substances and cut your chances of having a serious illness.
13/15.
When you’re overweight, you typically have less sex. It might be because you just don’t feel good about your body. But it also may be that you have less desire and that even when you’re in the mood, your body doesn’t respond as well. Shed a few pounds and you’ll not only feel better about yourself, you may be in the mood more often, too.
14/15.
There’s no one perfect diet to help you slim down, but there are some basic rules. Make half your plate fruits and vegetables. Keep your protein lean and unprocessed: Choose meats trimmed of fat, and eat seafood, beans, nuts, and seeds. Replace refined grains like white bread and white rice with whole grains like multigrain bread, brown rice, and oatmeal. Special weight loss surgery may be an option if you are seriously overweight.
15/15.
You should be getting 30 minutes of moderate activity -- a bike ride or brisk walk -- on at least 5 days a week simply to stay in good health. To lose weight and keep it off, you may need more than that. Also include moves to strengthen your muscles, like pushups or light weight training. Check with your doctor about the healthiest ways for you to work out, especially if you haven’t done it in a while.
Endocrine Society: “Sleep and Mood Improves after Substantial Weight Loss.”.
Harvard Health Publications: “Why weight matters when it comes to joint pain.”.
Harvard Medical School Division of Sleep Medicine: “Sleep and Mood.”.
International Journal of Impotence Research: “Improvements in sexual quality of life after moderate weight loss.”.
International Journal of Obesity: “Sexual function and obesity.”.
Iranian Red Crescent Medical Journal: “Association of Body Weight and Female Sexual Dysfunction: A Case Control Study.”.
National Institute of Diabetes and Digestive and Kidney Diseases: “Small Steps, Big Rewards. Prevent Type 2 Diabetes. Campaign Overview,” “Health Risks of Being Overweight.”.
Obesity Action Coalition: “Benefits of 5-10 Percent Weight-loss.”.
Obesity Research Journal: “Changes in Symptoms of Depression with Weight Loss.”.
National Cancer Institute: “Obesity and Cancer.”.

**4.** <https://doctormarvin.com/benefits-of-weight-loss/35-surprising-benefits-weight-loss/>

Posted at 20:07h in Benefits of Weight Loss , Cost of Obesity , eating healthy , Obesity , Weight Loss Surgery by Lyle Johnson 0 Comments.
Some people might want to lower their blood pressure or cholesterol while others might want to simply feel more comfortable in their own skin.
The benefits of weight loss go a lot further than just improved cardiovascular health. In fact, losing weight can have a positive impact on nearly every aspect of a person’s life.
1. More energy.
Carrying extra weight requires the body to use a lot of energy. When someone loses weight, their energy levels will skyrocket. Plus, the body can function much better when it’s supplied with nutritious food.
Foods with a high fat, sugar, and salt content – especially processed carbs – can trigger high levels of cortisol aka. the stress hormone. A weight loss regimen can reverse this.
5. Saving money.
Pizza delivery and fast food meals are unhealthy and expensive. Nutritious alternatives can be made at home for a fraction of the cost.
When people feed their body the right vitamins and minerals, this could also improve cognitive function making jobs seem a lot less overwhelming.
People who lose weight tend to spend a lot less time sitting around the house. Instead, they get out and go to new activities where they can meet more friends.
8. Better immune system.
Added weight puts a lot of stress on the immune system. This leads to more colds and other illnesses. Losing weight helps support the immune system and improve overall health.
9. Recognition.
Unfortunately, society doesn’t treat overweight folks fairly. When someone loses weight, they may notice that people remember them more often.
High sugar foods and simple carbs put the kidneys and liver through a lot of stress. Improving the diet takes a lot of pressure off the body’s filtration system which means clearer skin and healthier hair.
Salty foods desensitize flavor receptors on the tongue. Food might taste bland at first, but down the road everything tastes much, much better.
13. New-found respect.
When people make a decision to lose weight, they usually experience a new-found respect for themselves. This same respect translates into other relationships.
14. Improved organizational skills.
15. Learning to cook.
Adapting a healthy diet requires cooking. As people lose weight, they’ll learn new recipes and try out new techniques in the kitchen.
16. Doctor appointments are easier.
Unhealthy amounts of salt and sugar can screw up the brain chemistry leading to fog. This tends to vanish when people lose weight.
19. Daily tasks get easier.
The benefits of weight loss impact every part of life. Sitting, standing, going up the stairs – these are all immensely easier with less weight.
20. Adventurous attitude.
Losing weight is a difficult task. After people drop the pounds, they may feel compelled to keep up with this adventurous attitude by trying new things they would have never considered in the past.
21. Better memory.
The brain requires adequate vitamins and minerals to function. When people lose weight, they tend to consume better foods with higher antioxidant levels resulting in improved memory capabilities.
22. Reduced need for prescription medications.
23. Exploring new goals.
24. Lower alcohol tolerance.
Lower body weight means less alcohol is required to feel tipsy so people tend to drink less (if at all).
27. Reduced joint pain.
28. Enjoying new activities.
The benefits of weight loss aren’t restricted to physical health alone. Losing weight opens up a new world of activities that were previously impossible: amusement parks, carnival rides, swimming, hiking, etc.
29. Turning down junk food.
The body will crave healthy food instead of chips, candy, and other junk. After losing weight, people tend to turn down the birthday cake or fries.
30. Less sweating.
31. Less doctor appointments.
No more searching for shapeless clothing in the largest size.
33. People might be nicer to you.
It isn’t right, but people tend to be ruder to overweight folks. Dropping a few pounds could mean people suddenly become nicer.
When people feed their bodies healthy food full of nutrients, they’re less likely to feel hungry throughout the day. Less weight also means the body requires less calories to function property.
When people see that someone is taking charge of their health, they may feel compelled to make positive changes in their own life.
If you’re thinking about losing weight, contact Doctor Marvin to discuss your options and the benefits of weight loss. Schedule an appointment or call us toll free at (877) 671-2517 today.
Cancel Reply.
Δ.
Contact Us.
Please enter the Page ID of the Facebook feed you'd like to display. You can do this in either the Custom Facebook Feed plugin settings or in the shortcode itself. For example, [custom-facebook-feed id=YOUR\_PAGE\_ID\_HERE].

**5.** <https://www.insider.com/guides/health/diet-nutrition/benefits-of-losing-weight>

Account icon.
Account icon.
A white circle with a black border surrounding a chevron pointing up. It indicates 'click here to go back to the top of the page.'.
Health.
10 benefits of losing weight: How shedding just 5% of your body weight may improve your blood sugar, self-esteem, and sex drive.
Download the app.
Losing weight has many health benefits — and you don't need to lose that much weight to achieve them. .
Research shows that losing just 5% to 10% of your body weight may improve mental health and reduce your risk of cardiovascular disease and certain cancers. .
This article was medically reviewed by Jason R. McKnight , MD, MS, a family medicine physician and clinical assistant professor at Texas A&M College of Medicine . .
This article is part of Insider's guide on How To Lose Weight .
Whether you want to lose 10 pounds or 50, shedding extra weight is tough. If you've tried before and fell short of your goal, it can be hard to stay motivated. .
But you don't necessarily need to lose a ton of weight to experience health benefits, says Mir Ali , MD, a bariatric surgeon and medical director of MemorialCare Surgical Weight Loss Center at Orange Coast Medical Center. .
In fact, research shows losing as little as 5% of your body weight can improve your health in many ways. Here are 10 proven health benefits of weight loss and tips for how to lose weight safely. .
Losing weight improves insulin sensitivity in people with type 2 diabetes , says Preeti Pusalkar , a certified clinical nutritionist with Hudson Medical Center, a primary care provider in New York City. .
Excess body fat leads to an increase in adipose tissue , which causes inflammation and interferes with the function of insulin — the hormone that helps regulate blood sugar levels . .
Weight loss reduces adipose tissue, which allows the body to manage blood sugar more effectively. Plus, you don't have to lose that much weight to see results. Research has found that just a 5% reduction in body weight improved blood sugar levels in adults. .
Losing weight can also improve heart health by reducing pressure on arteries, meaning the heart doesn't have to work as hard to pump blood through the body. The result is lower blood pressure and low-density lipoprotein (LDL) cholesterol levels — the "bad" kind of cholesterol that can increase your risk of heart disease, Pusalkar says. .
And it doesn't matter if you lose weight through diet and exercise or weight-loss surgery like metabolic surgery — you'll reap benefits regardless, according to a large 2020 study . .
Researchers examined the effects of weight loss surgery on obese patients who either had weight loss surgery or who lost weight through lifestyle changes. The risk of heart disease for the surgical group decreased after a 5% to 10% loss of body weight while the nonsurgical group saw a decrease after losing about 20% of body weight. .
Excess weight can increase blood pressure, and therefore your risk of stroke . This is because high blood pressure puts a strain on your blood vessels, making them stiffer and more likely to cause blood to clot. .
Overweight people are more likely to suffer from sleep apnea — a disorder characterized by disrupted breathing while sleeping. Excess weight can increase fat deposits in your neck, which can obstruct your airways. .
If you suffer from sleep apnea, losing weight likely won't entirely cure the condition. However, losing just 10% to 15% of your body weight can improve sleep quality and reduce the severity of sleep apnea in moderately obese patients, according to the National Sleep Foundation . .
Losing weight alleviates pressure on knees and joints, which can improve mobility, Pusalkar says. A large 2012 study of obese adults with type 2 diabetes found as little as a 1% drop in weight cut mobility limitations, such as difficulty walking or climbing stairs, by more than 7%. .
While there is no direct correlation between weight loss and self-esteem, some studies show that weight loss can improve mood and self-confidence. .
A 2014 review examined 36 studies to determine the psychological benefits of weight loss. Researchers found consistent improvements in body image, self-worth, and general well-being among subjects who lost weight. .
Excess weight can cause joints to become stressed, damaged, and inflamed — but losing weight can help.
A 2018 study examined obese adults with arthritis pain in their knees. Researchers found that losing 10% to 20% of body weight resulted in less pain and improved joint function than losing just 5% of body weight, which did not show any significant joint pain benefits. .
The reason likely has to do with how quickly joints wear down when under additional stress from excess weight. "As the smooth surface at the ends of bones, or cartilage, becomes damaged and worn, you feel pain and stiffness in the joint," Pulsalkar says.
Because weight loss can improve sleep, you might also feel more energized during the day, Pulsalkar says. Excess weight also means your body has to work harder to move. Therefore, shedding some pounds means you use less energy to move. It also improves respiratory function, which can also make you feel more energized.
While research on the correlation between excess weight and sex drive is still emerging, weight gain has been shown to increase sex hormone-binding globulin (SHBG) levels in your blood. This can lower free testosterone levels and decrease your libido, Pulsalkar says. .
According to the American Cancer Society, excess body weight is thought to be the cause of about 11% of cancers in women and about 5% of cancers in men. Obesity increases your risk of developing several different cancers, including:.
The exact link between excess weight and cancer is still unknown, but researchers believe inflammation due to visceral fat — the fat surrounding vital organs — is to blame. Losing weight could lower your risk of developing these cancers.
Some people may need to lose significantly more weight to experience some of these benefits, Ali says. But for the most part, losing as little as 5% of your body weight can lead to many health benefits, like improved heart health and decreased risk of diabetes. But, before starting any weight loss program, it's important to talk with your doctor about the right plan and goals for you.
Related articles from Health Reference :.
A psychologist offers ways to change bad diet habits.
How to cut sugar out of your diet and how long sugar cravings last.
Does intermittent fasting work? Research doesn't have a definite answer for its long-term effects.
Erin Heger.
Erin Heger is a freelance journalist located in the Kansas City area. She primarily covers stories related to healthcare policy, maternal mental health, parenting, and personal finance. Her work been featured in The Atlantic, Rewire.News, Refinery29, HuffPost, and more. .

**6.** <https://www.verywellfit.com/benefits-of-losing-weight-3495571>

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Twitter.
Vanessa Nzeh, MD, is an internal medicine and pediatrics physician who is passionate about patient advocacy, the integration of maternal and child health, as well as increasing diversity and inclusion in medical education. .
FAQs.
Before you set a weight loss goal , it’s important to understand the benefits of losing weight. Understanding the wide range of weight loss benefits may help to keep you motivated during the challenging moments of your healthy eating and exercise program. Every weight loss journey hits a rough patch at some point.
To set yourself up for success, consider all of the different ways that losing weight may improve your social life, physical health, and psychological health. Make a list of the weight loss benefits that mean the most to you and keep it in your weight loss journal. Visit the list on the days when you feel discouraged.
Health Benefits.
You don’t have to lose hundreds of pounds to enjoy the physical health benefits of weight loss. If you are currently overweight or obese, you may be able to lose just a small amount of weight to improve your overall health. In fact, some studies show that just a 5% to 10% decrease in your weight can affect your health. Losing weight can mean:.
Decreased risk or improvement in symptoms of osteoarthritis.
Reduced back pain.
Your doctor can provide more personalized information about the health benefits you can expect to see when you lose weight. For example, you may be able to decrease or eliminate certain medications or reduce your risk of disease.
Your doctor may also be able to provide a recommendation or referral to a registered dietitian or physical therapist to help you build a healthy weight loss program.
Lifestyle Benefits.
In addition to the health benefits, you may also experience an improved lifestyle if you lose weight. People who have successfully lost weight report:.
More active social life.
While working out comes with many health and lifestyle benefits, it also boasts many mental health advantages. A 2019 scientific review determined that exercise can be as effective for treating depression as other first-line treatments and is vastly underutilized as a treatment method.
Another 2013 article published in the journal Frontiers in Psychiatry explored the connection between physical activity and anxiety. Researchers found that the addition of exercise leads to an increase in self-efficacy and improves a person's ability to feel confident in their success. Article authors also found that exercise may function as a distraction from anxiety, reducing symptoms of anxiety by helping a person focus on other actions.
The health and lifestyle benefits may be enough to motivate you to stick to a weight-loss program . But some people also try to lose weight to improve the quality of their relationships.
This is an area where the benefits of losing weight get tricky. While some people have better relationships after weight loss, losing weight solely to make someone else happy is not always a smart idea. There may be other relationship problems that weight loss won't solve, and when you diet or exercise to make someone else happy, you might lose weight in the beginning, but the weight often comes back.
Having social support can certainly have a positive impact on your weight loss journey, but to ensure long-term success, make sure that ultimately, you're losing weight for yourself and your personal goals.
Healthy Weight Loss Tips.
Set goals. At the beginning of your weight loss journey, set S.M.A.R.T goals to help you map out your process. Take the time to detail how you want to feel, make sure you know how to track your progress, and keep your goals realistic for the timeline and your current lifestyle.
Calculate calorie needs. Once you've set your goals, use a weight loss calculator to measure your daily calorie goal. Depending on your age, sex, height, current weight, goal weight, and how active you currently are, the calculator will help you determine the goal number of calories you should consume each day.
Reduce calories. In order to lose weight, you need to eat fewer calories than you burn, creating a calorie deficit . Reduce your caloric intake to initiate this calorie deficit, helping your body create and burn energy by using stored fat.
Exercise. Diet and movement are two critical components of weight loss. Adding exercise into your weight loss routine can help to accelerate progress. Follow a guide to exercise for beginners or launch an at-home workout routine to start incorporating exercise into your day.
Keep a weight loss journal. A weight loss journal , whether it's an old-fashioned paper-and-pen method or a smartphone app, helps you log your food intake, exercise, sleep, and progress throughout your journey. You can note your progress, as well as your emotional and mental health, to see how you're working toward your goal.
Get support. Finding a community can help motivate you and keep you accountable on your journey. Whether you enlist the help of family and friends or choose a digital weight loss support group , you'll stay connected with people who can encourage you on easy and tough days.
What are the health benefits of working out besides weight loss?
Beyond weight loss, exercise offers many health benefits. Regular physical activity helps improve your cardiovascular health and can prevent heart disease. It can manage your blood glucose levels, preventing diabetes, and can lower high blood pressure. Working out can also boost your sex life and libido, can provide you with added energy, and can even increase your overall mood.
Beyond physical health benefits, it can also help fight anxiety and stress and can improve your self-confidence.
What are the benefits of drinking water when losing weight?
Incorporating more water into your daily routine, or replacing sugary and alcoholic drinks with water can help increase weight loss. Increasing your water intake is a powerful weight loss tool and can help you cut empty calories from your diet while keeping you fuller longer.
What are the benefits of losing 5% of your body weight?
Moderate weight loss of 5% to 10% of your body weight can still result in significant health improvements. A study published in 2016 found that adults with obesity who lost 5% of their body weight had a lower risk of developing diabetes and heart disease. The same 5% loss in body weight also led to metabolic improvements in the liver and muscles.
If you decide that there are significant reasons for you to lose weight, then there's no time like the present to start your weight loss journey. Your first step should be to set a reasonable goal. Then, make small changes to your daily routine and eating habits. Ask for weight loss help from your healthcare provider and friends and family to make the process easier.
Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.
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By Malia Frey.
The Top 5 Diets for Weight Loss, According to Experts.
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**7.** <https://greatist.com/health/benefits-of-losing-weight>

How to lose weight.
Your weight doesn’t determine how “healthy” you are, but sometimes losing weight to achieve a healthier-for-you weight can come with some pretty dope health perks. Here are 11 benefits of weight loss . We also have some terrific tips to help you hit your goals.
Wondering what good may come from sticking to your weight loss journey? Losing weight may have several health benefits, including:.
1. Boosts energy levels.
Weight loss can improve respiratory function and sleep-quality . Removing excess weight also means your body doesn’t have to work as hard to get through the day. All of these benefits together can help you feel more energized .
2. Improves cholesterol.
Being overweight is associated with unhealthy cholesterol levels, according to the American Heart Association (AHA) . Research shows that obesity is linked to higher bad cholesterol (LDL) and lower good cholesterol (HDL).
A 2016 study found that among adults who were overweight or obese, losing 5 to 10 percent of their body weight reduced LDL cholesterol levels and other cardiovascular risk factors. Another study found that even a 1 to 3 percent weight reduction can improve HDL levels.
3. Reduces blood pressure.
Experiencing obesity and having overweight can increase your risk of high blood pressure. But remember, a number on the scale isn’t the only thing that counts. It also matters where the weight is placed. A 2018 study found that visceral fat — extra fat around your waist — is particularly dangerous.
4. Improves mobility.
Carrying around extra weight can take a toll on your joints. According to the Arthritis Foundation , losing 10 pounds can take 40 pounds of pressure off your knees. More good news! A 2018 study of 174 participants found that weight loss reduced rheumatoid arthritis symptoms.
Losing weight can also help your mobility in the long term. A 2017 study analyzed 640 participants with obesity or overweight. Folks who lost weight over the course of 4 years showed less cartilage deterioration than those who didn’t.
5. Improves breathing.
Losing weight can help you prevent obesity-related breathing conditions like obesity hypoventilation syndrome. This disorder is caused by extra fat on the chest, neck, or abdomen, according to the National Heart, Lung, and Blood Institute . Symptoms include feeling out of breath, fatigue, snoring, and headaches .
6. Reduces risk of heart disease or stroke.
According to the Centers for Disease Control and Prevention (CDC) , stroke, heart disease, and other cardiovascular diseases account for 1 in 3 deaths in the United States. Maintaining a healthy weight can reduce your risk of these conditions.
P.S. It’s also super important to slay a healthy diet and stay active. Your heart will thank you for it 😍!
7. Prevents type 2 diabetes.
Many different factors are involved in the development of diabetes, but obesity is a leading risk factor for developing type 2 diabetes. This condition happens when your body doesn’t respond to insulin correctly. As a result, your blood glucose (aka blood sugar) levels go up and you become even more resistant to insulin .
Achieving and maintaining a healthy weight for your height and body type can help you prevent the disease if you’re overweight or experiencing obesity. According to the American Heart Association , a loss of 5 to 7 percent of body weight can reduce your risk of type 2 diabetes by 58 percent if you’re in a high risk category.
Research shows that weight loss can also make a big impact in treating type 2 diabetes. It can improve insulin resistance and lower blood glucose levels which are important ways to manage the disease.
8. Enhances sleep-quality.
Studies show there’s a link between obesity and poor sleep quality. That can lead to lower energy levels and increased fatigue .
9. Reduces risk of certain cancers.
According to the American Cancer Society , excess body weight can increase your risk of certain types of cancer. This includes:.
Scientists are still trying to pinpoint the exact link between obesity and cancer. But it might be because excess body fat can raise your risk of :.
elevated levels of insulin and insulin-like growth factor-1 (IGF-1).
10. Improves your mood.
Some studies suggest weight loss can increase confidence and your overall mood. This might be due to the lifestyle changes used as a weight loss tool.
There’s a direct link between diet and depression . So while losing weight prob can’t cure depression, a healthy diet can help you stave off the packaged-food blues. Try to avoid processed foods and added sugars and stick to a balanced diet filled with fresh veggies , fruits, legumes, healthy fats, and lean proteins.
Increasing your activity level can also work wonders. Research shows exercising on the reg can improve anxiety symptoms as well as help ease depression .
11. Increase your sex drive.
Losing weight might lead to a more active sex life . Researchers are still trying to work out the exact correlation between sex drive and body mass index (BMI). But studies show weight gain can increase sex hormone-binding globulin (SHBG) levels in your blood. That’s a science-y way of saying extra weight may decrease your libido .
On the opposite end of the spectrum, too low of a body eight, excessive dieting, or overly restricting calories can also inhibit sex drive and libido.
Tips to lose weight.
Set realistic goals. You’re not going to hit your target overnight, fam. And in fact, you shouldn’t! Extreme weight loss methods aren’t healthy. Take things one pound at a time and try not to get discouraged if you hit a plateau.
Snack smart. When a snack attack hits, fill up on healthy choices like fresh fruits, veggies , lean protein, or healthy fats. You can also nosh on fiber-rich complex carbs that will keep you feeling full for longer.
Let’s get physical. Exercise is a great way to burn calories and it can even improve your mood. But its benefits don’t stop there. The new lean muscle you develop actually helps support a healthy metabolism .
Practice mindful eating. Mindful eating can help you pay attention to your body’s hunger and fullness cues. It can also help you develop a better relationship with food and cravings.
Treat yo’ self. Banishing your fave foods will only make you crave them more. You can totes enjoy an occasional treat, just be aware of your portions, and how it fits into your overall diet.
tl;dr.
You 👏 are 👏 BEAUTIFUL 👏 at 👏 any 👏size 👏. But weight can play a big part in your health. Maintaining a healthy-for-you weight can reduce your risk of obesity-related conditions and benefit your overall well-being. Just remember to set realistic goals and avoid fad diets .
Ultimately it’s not a number on the scale that matters but the daily behaviors that create our best life — like getting enough sleep, managing stress, moving our bodies regularly, and eating a balanced diet full of whole foods.
PSA: You should always talk with your doctor or a registered dietitian (RDN) before making any major changes to your diet or lifestyle. They can also give some great tips to help you hit your goals in a safe and healthy way.
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FEEDBACK:.
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**8.** <https://www.nih.gov/news-events/nih-research-matters/benefits-moderate-weight-loss-people-obesity>

At a Glance.
People with obesity who reduced their weight by 5% had improvements in metabolic function in many tissues, including fat, liver, and muscle.
Further weight loss of 10 to 15% resulted in some additional improvements.
Researchers investigated the metabolic effects of progressive 5%, 10%, and 15% weight loss. monkeybusinessimages/iStock/Thinkstock.
More than 1 in 3 Americans is obese. Obesity is a risk factor for many diseases, including type 2 diabetes and heart disease. These health issues stem from a range of underlying metabolic abnormalities that affect the liver, pancreas, muscle, fat, and other tissues.
Most treatment guidelines recommend that people who are overweight or obese aim to lose 5% to 10% of their weight to achieve improvements in health. A team led by Dr. Samuel Klein at Washington University School of Medicine in St. Louis set out to characterize the metabolic benefits when people with obesity lose 5% and more of their weight. The study was supported in part by NIH’s National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and other NIH components.
The scientists randomly assigned 40 sedentary people with obesity to maintain their body weight or to go on a diet to lose 5% of their body weight, followed by targets of 10% and 15%. Participants averaged 44 years of age with a body mass index (BMI) of 38 (average weight of about 235 pounds). The participants didn’t smoke or have diabetes. The findings appeared online on February 22, 2016, in Cell Metabolism.
People in the weight loss group consumed a low-calorie diet with 50-55% of energy as carbohydrate, 30% as fat, and 15-20% as protein. They were provided with weekly diet and behavioral education sessions.
Nineteen participants achieved the initial target of 5% weight loss (average of 12 pounds) after about 3.5 months. The researchers found that these people had significantly decreased body fat, including abdominal fat and fat in the liver. They had decreased plasma levels of glucose, insulin, triglycerides, and leptin, which are risk factors for heart disease and diabetes. They also showed improved function of insulin-secreting β cells, as well as the ability of fat, liver, and muscle tissue to respond to insulin.
Markers of inflammation are elevated in people with obesity. The researchers, however, found no changes in systemic or fat tissue markers of inflammation with 5% weight loss.
Nine of the participants reached the subsequent targets, achieving about 11% weight loss (at about 7 months) and 16% loss (at about 10 months). The decreases in fat mass, plasma insulin, leptin, and triglyceride concentrations continued in tandem with the weight loss. These participants showed continued improvements in β cell function and in insulin sensitivity in muscle. Insulin sensitivity in liver and fat tissue, however, didn’t improve further with weight loss beyond 5%.
“Our findings demonstrate that you get the biggest bang for your buck with 5% weight loss,” Klein says. “If you weigh 200 pounds, you will be doing yourself a favor if you can lose 10 pounds and keep it off. You don’t have to lose 50 pounds to get important health benefits.”.
The study wasn’t designed to determine whether these effects are sustained for longer periods of time. Further research will also be needed to determine whether people with diabetes have the same types and patterns of metabolic adaptations following progressive weight loss.
Aim for a Healthy Weight.
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NIH Research Matters is a weekly update of NIH research highlights reviewed by NIH’s experts. It's published by the Office of Communications and Public Liaison in the NIH Office of the Director .

**9.** <https://www.obesityaction.org/resources/benefits-of-5-10-percent-weight-loss/>

Fall 2013.
When thinking about weight-loss, one often has an “ideal” body weight in mind or an ultimate weight-loss goal. It’s very common for people to think that unless they lose dozens of pounds, they will not be any healthier.
This is a misconception. Studies have shown that health benefits resulting from weight-loss are evident with a weight reduction as low as 5-10 percent. This means that an individual that weighs 200 pounds will benefit greatly from losing 10 to 20 pounds.
There’s scientific evidence that many obesity-related conditions improve with a 5-10 percent weight-loss. Let’s look at these related conditions and see how modest weight-loss may greatly improve them and your overall quality of health:.
Cholesterol.
Although we have good medications that decrease our “bad” cholesterol also called LDL cholesterol, doctors and patients alike know how hard it is to increase the “good” cholesterol otherwise known as “HDL cholesterol” even by a few points.
A 5-10 percent weight-loss can result in a five point increase in HDL cholesterol. This deserves applause as raising HDL by these few points can lower the risk of an individual developing heart disease. HDL cholesterol of more than 40 mg/dl for men and more than 50 mg/dl for women is protective against heart disease.
There are other fat-like particles in the blood that are harmful in elevated amounts. They are called triglycerides. People with high triglycerides are at higher risk for heart attacks and strokes among other problems. A normal level should be below 150 mg/dl, while anything above 200 mg/dl is considered high.
Losing 5-10 percent of body weight was shown to decrease triglycerides by an average of 40 mg/dl, which is a significant drop. This level can further improve with exercise, a diet low in concentrated sugars, carbohydrates and fats as well as with reduction of excessive alcohol intake.
Hypertension.
Excess body weight accounts for about 25-30 percent of cases of hypertension. As body weight increases, it causes hemodynamic abnormalities and other changes that result in elevated blood pressure. By losing 5-10 percent of one’s weight, blood pressure, both systolic and diastolic, decrease by 5 mmHg on average. In conjunction with a salt restricted diet, rich in vegetables, fruit and low-fat dairy, this weight-loss could be potentially even higher.
Diabetes.
One of the laboratory markers used to screen for diabetes and to monitor its treatment is called Hemoglobin A1C. The normal level should be below 6.5. Research has shown that a 5-10 percent weight-loss can decrease this marker by half a point on average. This comes close to the effect that some anti-diabetic pills have on blood sugars.
Insulin Resistance.
Another condition that is seen with weight gain is a phenomenon called insulin resistance. In this disorder, the pancreas produces larger than normal amounts of a hormone called insulin. Insulin is responsible for keeping blood sugar levels normal. In this condition, high levels of insulin are needed because tissues are resistant to its effects.
When someone has insulin resistance, the resulting high levels of insulin in the blood cause an increase in fat tissue especially in the waist area, abnormal cholesterol, and sometimes a change in certain hormone levels in women that causes male pattern hair growth and infertility. Modest weight-loss was found to significantly decrease insulin levels and thus to help with reversing these conditions.
Obstructive Sleep Apnea.
Obstructive sleep apnea is a sleep disorder commonly diagnosed in patients affected by excess weight that snore or gasp for air during sleep. It’s caused by pauses and gaps in breathing during sleep and results in insufficient oxygenation. This causes fatigue and sleepiness during the day. It also is responsible for making certain diseases less responsive to treatment, like hypertension for example.
When sleep apnea is significant, oxygen levels in the blood are too low during sleep and the use of a breathing machine called CPAP is necessary. It has been shown that a 5-10 percent weight-loss may improve sleep apnea and sometimes if the apnea was not very severe, one can be weaned from the CPAP breathing machine. This is a big achievement for some, as having to use a CPAP is life-saving but often perceived as cumbersome by those who need to use it.
Inflammation.
In studies looking at the effect of excess weight on cells of the human body, it was found that fat cells and especially abdominal fat cells produce a large number of substances that result in inflammation in blood vessels. This inflammation then can result in plaques and clots and turn into strokes and heart attacks. When weight-loss achieves a level of 10 percent, the levels of inflammatory substances circulating in the blood drop significantly and therefore the risk of vascular damage is reduced as well.
Conclusion.
All these improvements caused by weight-loss as low as 5-10 percent ultimately lead to very significant benefits including a lesser chance of having a heart attack or stroke. Now, the next question that comes to mind is since we know that a 5-10 percent weight-loss is very beneficial, how can it be achieved?
First and foremost, weight-loss starts with lifestyle changes: diet and exercise. The first step is to talk to your healthcare provider. They will help choose the diet that is most appropriate. The diet choices are usually determined by the existing medical problems among other factors and should be discussed with your healthcare provider. On this note, it is worth mentioning that scientists have recently shown that a “Mediterranean diet,” which is rich in fish, vegetables, olive oil or nuts will protect you from heart disease even more when compared to other commonly used diets.
To attain and maintain any amount of weight-loss, exercise is mandatory. Generally, an average of at least one hour, five days a week is needed. But this again should be monitored by your healthcare provider to assure safe exercise practices.
Scientists have shown over and over again that lifestyle changes that include an appropriate healthy diet and the right exercise regimen will help attain a 5-10 percent weight-loss. In addition, any legitimate weight-loss program should promote these lifestyle changes as the first step in attaining weight-loss. They are absolutely indispensable. They work on their own when the planned weight-loss is 5-10 percent of body weight and are always used in conjunction with other measures (weight-loss medications or bariatric surgery) if a more significant weight-loss is needed or when lifestyle changes by themselves did not achieve the medically required weight-loss goal.
Thus, when contemplating weight-loss, the initial goal may be set as low as 5-10 percent of body weight. As discussed in this article, this seemingly modest weight change already results in tremendous health benefits.
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Help the OAC to raise awareness, advocate for improved access, provide evidence-based education,.
Routines and Weight Maintenance: Keeping Your Health Consistent.
Raise the Barre.
Walk It Off.
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**10.** <https://www.mensjournal.com/health-fitness/25-surprising-benefits-weight-loss/>

Comments.
After months and months of pounding the pavement, pumping iron, and skipping out on happy hour, you’ve finally lost that stubborn gut . Congrats! We’re sure you feel more confident about your appearance—and just feel better, period. Dropping weight doesn’t come easy, but it does have some serious bonuses, many which you won’t see coming. Better sex and brighter skin just scratch the surface when it comes to the surprising benefits of weight loss.
Once you experience these bonus perks of weight loss, there’s no going back: They’re the motivation you need to keep the weight off for good.
Snoozing probably helped you lose more weight in the first place, but as a result of your weight loss you’ll actually get better quality sleep now. Research shows that losing 5% of your bodyweight can help you sleep better and longer throughout the night. What’s more, ridding your body of excess fat can also help alleviate sleep apnea and snoring.
When you think of hormones, your teenage years may spring to mind, but they play a role in more than just your burgeoning sex drive during puberty. Your thyroid gland makes and releases two very important hormones which regulate your metabolism and can also affect muscle strength among other things. When you rid your body of excess fat your hormones steady and as a result it’s easier for you to maintain or even further your weight loss, says Isabel Smith, M.S., R.D., C.D.N., registered dietitian and founder of Isabel Smith Nutrition .
Too tired? Not anymore. Suddenly you don’t have to think twice about getting in the mood, and you may find yourself consciously holding yourself back from going for round three—hey, you’ve got to get some sleep. According to experts , weight loss has been linked to boosted testosterone levels and an increased libido, and dropping just 10lbs is enough to stimulate sex hormones. What’s more, fitting in your workout every morning also increases blood flow to the pelvic area, further boosting your drive.
Between the energy boost you get from losing weight and the uptick in stamina from hours spent at the gym, if you really wanted to go all night you could. Increased physical fitness has been associated with greater satisfaction in the bedroom, according to Smith. So not only do you want to get busy more often, but the actual act itself is more enjoyable for both you and your partner.
What to Eat to Boost Your Sex Drive—and Hers.
Committing to the gym may have pushed your body to the place it is now, but it also enhanced your mental fitness. Working out releases feel-good chemicals called endorphins. Endorphins are responsible for that high you feel post-workout. They interact with the receptors in your brain, reducing your perception of pain, and deliver a positive feeling in the body similar to that of morphine.
6. Less joint pain.
Your joints already take a beating from everyday wear and tear—extra weight hanging around on your midsection only makes matters worse. Simply put, the less you weigh the less your skeletal frame and joints have to support, which translates into less joint pain.
7. Clearer, brighter skin.
You may have started your healthy routine with the sole intention of slimming down, but an added bonus of your weight-loss journey surfaces in the form of glowing skin. You can attribute your new complexion to the uptick in nutrients from all those fruits and veggies you’re likely eating and also to all that sweat literally pushing the junk out of your pores, encouraging greater detoxification, per Smith. Just make sure to wash your face regularly after your cardio session to avoid unwanted acne and clogged pores.
8. Stress relief.
If you checked off losing weight from your to-do list, you’ve already got one less thing to stress about. Really though, the things you do to lose weight—eating a balanced diet, exercising consistently, and getting lots of sleep—are also some of the greatest ways to alleviate stress and anxiety.
How to Reduce Anxiety and Stress.
Who needs to spend $20 on delivery minimums and $10 a glass on drinks out at the bar? Not you. By cooking more and drinking less, not only are you inching closer and closer to your weight-loss goals, but you’re saving money to boot. It’s simple math, really. The less you eat, the less you spend on food.
10. More friends.
With your pants size shrinking, you can also expect your social circle to grow in number. You’ve already become more active by pursuing greater fitness, and in doing so you put yourself in more social situations—hey, CrossFit. As a result of participating in more than just a Netflix marathon on your couch, you meet more people and your social calendar grows. Furthermore, the confidence you gain from losing weight also makes you want to be more social and gives you the push to do so.
11. Your significant other might lose weight, too.
Ever feel inspired (or guilty) by your partner’s incessant need to wake up at 5 a.m. to hit the gym and their refusal to grab chips or pasta when they run to the store? Well if you haven’t, then your partner may be the one feeling that push from you simply by bearing witness to your own transformation. If you’ve been successful at losing weight and continue to live a healthier lifestyle, chances are your significant other will follow suit, says Smith. If not, perhaps your parents, siblings, or close friends will feel motivated to whip their own butt into gear.
Forget the vitamin C packets, nothing strengthens your immune system better than leading a healthy lifestyle. Getting your eight hours every night, fueling your body with fresh produce and lean protein, and working up a sweat will pump your immunity up far better than sipping on an orange, fizzy drink could.
For once you might actually remember your sister’s birthday! Weight-loss benefits go far beyond the physical. Losing weight and being more active boosts brainpower quite a bit. Research has shown that your memory gets sharper when total bodyweight has been reduced. So not only will you be happier all the time—remember, endorphins!—you’ll also remember that thing you really needed to do today, tomorrow, and the next.
The ultimate perk of peeling off the pounds is that behind closed doors you’re going to look pretty damn good. However, since we all can’t—or shouldn’t—walk around in our birthday suits all the time, it’s a good thing your wardrobe will reap the benefits of your weight loss, too. Losing weight often gives people the confidence to not only experiment more with style, but want to show off their weight loss with outfits that display the physique they worked so hard to get.
15. You’ll actually want to pass on the junk food.
Did you really just say no to those Doritos? It might feel weird at first, but as a result of improving your dietary choices and flexing your willpower consistently, you’ll find that you don’t even crave the junk any more (at least not as often).
Unless you’re on a meal delivery plan, you’re going to have to cook for yourself if you want to slim down. Ordering in and eating out just won’t get you there, and you know that. Getting into the habit of buying groceries every week, planning and preparing healthy meals , and experimenting with different flavor and food combinations you’re bound to up your kitchen skills. (Though it might take a while to reach Top Chef status.).
50 of the Healthiest Recipes Known to Man.
In the kitchen, in the bedroom, and in everyday life. One of the beautiful side effects of weight loss is that you’ll undoubtedly experience a boost in self-confidence. The funny thing about confidence is that it pushes you to do more and try more.
18. Food will taste better.
When you put a microscope to your diet, you really become more in tune to what you’re eating over time. This mindfulness works not only to help you to lose the weight, but even after you’ve lost it you continue to pay more attention to the flavors and textures of your meals. Think to those times you spend mindlessly eating on the couch—does the food actually taste that good? Do you even remember? When you take the time to plan and prepare fresh, home-cooked meals you’re more aware and appreciative of the food on your plate—you literally savor the flavor.
19. Better check ups.
If you kick those stubborn 10lbs, you’re not the only one who will be rejoicing. Carrying around excess bodyweight can put you at greater risk for a number of health issues from diabetes to high blood pressure. As you would imagine, slimming down has the adverse effect, making your annual check-ups with your doc a lot less painful.
20. Less prescription medicines.
One can probably assume that the healthier you are, the less medicine you need. It actually works that way (in some cases). Not only does exercise and clean eating strengthen your immune system and support overall body functioning, but actually losing weight decreases your risk for health problems and may also get you to a place where you won’t need to rely on certain prescription meds anymore. Of course, give your doc a call before you start self-prescribing (or un-presecribing).
5 Ways to Be More Organized.
Losing weight and getting fit takes planning. When you form a routine around preparing healthy meals and fitting in daily workouts, it tends to flow over into other areas of your life.
22. You’ll respect yourself and others more.
Don’t laugh: a side effect of losing weight—and doing what it takes to get there—is respecting your body more. It isn’t easy for anyone to lose weight. It takes discipline and persistence. Once you’ve gone through it yourself, you come out the other end with a whole new outlook and respect for others trying to do the same. You also have a new appreciation for what your body endures day in and day out.
23. Easier commute.
Even the fittest get winded walking up and down stairs to the subway. If you live in a big city, you know the struggle all too well. If you’re lucky enough to avoid crowded subway trains, standing for an hour on the train or sitting in traffic forever isn’t fun either, but you’re body will feel better having to endure it when you’ve shed a few extra pounds. After you’ve kicked the weight, you’ll suddenly realize your trek to and from work is a tad more bearable.
24. Not-as-horrible allergies.
For some, carrying excess weight can exacerbate allergy symptoms. Added weight can strain your respiratory system, so any trouble you experience breathing due to allergies will only aggravate your symptoms further. Lose the weight and you might actually be able to breath a bit more clearly when allergy season hits, says Smith.
25. You’ll live longer.
Really. If you had to choose between a couch potato who chows down on chips and soda or an active, mindful eater, who would you guess might outlive the other? From the healthier lifestyle habits associated with weight loss to the actual physical benefits of carrying less weight, you put yourself in a position to live a healthier, longer life.
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CBD for Arthritis: 10 Top CBD Oils, Gummies And More.
Healthy Food for All: One Company’s Mission to Fight Food Deserts.
CBD For ADHD: 10 Products That May Help Focus In 2022.

**weight loss supplement**

**1.** <https://www.healthline.com/nutrition/12-weight-loss-pills-reviewed>

Bottom line.
We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here’s our process.
Some options are more popular than others, including certain pills, drugs, and natural supplements. These claim to help you lose weight, or at least to make it easier to lose weight when you combine them with other methods.
They tend to work via one or more of these mechanisms:.
Reducing appetite, making you feel more full so that you eat fewer calories.
Reducing absorption of nutrients such as fat, making you take in fewer calories.
Increasing fat burning, making you burn more calories.
It’s important to note that few of these treatments have any basis in science and some could have serious health consequences. You should always discuss any diet or supplement changes with a doctor or registered dietitian.
To separate the myths from facts, here are the 12 most popular weight loss pills and supplements, reviewed by science.
Garcinia cambogia became popular worldwide after being featured on “The Dr. Oz Show” in 2012.
It’s a small, green fruit shaped like a pumpkin. The fruit’s skin contains hydroxycitric acid, the active ingredient in garcinia cambogia extract, which is marketed as a diet pill.
How it works: Animal studies show that it can hinder a fat-producing enzyme in the body and increase serotonin levels, potentially helping to reduce cravings (.
Effectiveness: In one meta-analysis, researchers explored four electronic research databases to investigate the effectiveness of herbal medicines, including garcinia cambogia.
In a total of 54 randomized controlled trials in healthy adults with overweight or obesity, the authors found no difference in weight or body fat percentage between the garcinia cambogia group and the placebo group (.
A 2020 review that looked at eight trials on garcinia cambogia found that, on average, it caused weight loss of about 3 pounds (1.34 kg) (.
Side effects: While it’s widely agreed that garcinia cambogia is safe to take in recommended amounts, studies within the last few years have pointed to some serious side effects.
A 2018 study documented four cases of women who experienced acute liver failure after taking weight loss supplements containing garcinia cambogia (.
Additionally, hepatotoxicity, or liver impairment, and some episodes of mania have also been reported in conjunction with taking garcinia cambogia (.
Summary.
Even though garcinia cambogia may contribute to modest weight loss, the effects are quite small and may not be noticeable.
Hydroxycut has been around for more than a decade and is one of the most popular weight loss supplements in the world.
How it works: It contains several ingredients claiming to help with weight loss, including caffeine and a few plant extracts such as green coffee extract, which we’ll talk more about later.
Effectiveness: A 2011 meta-analysis of five clinical trials found that supplementation with C. canephora robusta, or green coffee extract, one of the key ingredients in Hydroxycut, led to about a 5.5-pound (2.47-kg) weight loss compared to the placebo (.
Summary.
There are few large-scale studies on this supplement and no data on its long-term effectiveness. More research is needed to determine effectiveness and safety concerns.
Green coffee beans are simply coffee beans that haven’t been roasted.
How it works: Caffeine can increase fat burning, and chlorogenic acid can slow the breakdown of carbohydrates in the gut.
A meta-analysis of all the current randomized control trials on green coffee bean extract’s effect on obesity found that the supplement has a significant impact on minimizing body mass index ( 14 ).
Other benefits: Green coffee bean extract may help lower blood sugar levels and reduce blood pressure. It is also high in antioxidants (.
Side effects: It can cause the same side effects as caffeine. The chlorogenic acid it contains may also cause diarrhea, and some people may be allergic to green coffee beans (.
Summary.
Green coffee bean extract may cause modest weight loss, but keep in mind that many of the studies that have found this have been industry-sponsored.
It is found naturally in coffee , green tea, and dark chocolate and is added to many processed foods and beverages.
How it works: One study discussed the effect of caffeine on regulating body weight by increasing energy expenditure — essentially meaning you burn more calories via increased fat breakdown as well as through a process of body heat production called thermogenesis (.
Side effects: In some people, high amounts of caffeine can cause anxiety, insomnia , jitteriness, irritability, nausea, diarrhea, and other symptoms. Caffeine is also addictive and can reduce the quality of your sleep ( 24 ).
There is no need to take a supplement or a pill containing caffeine. The best sources are quality coffee and green tea, which also have antioxidants and other health benefits (.
Summary.
Caffeine could help boost metabolism and enhance fat burning in the short term. However, a tolerance to the effects may develop quickly.
Orlistat is a pharmaceutical drug sold over the counter under the name Alli and via prescription as Xenical.
How it works: This weight loss pill works by inhibiting the breakdown of fat in your gut, meaning that you take in fewer calories from fat.
Effectiveness: A 2003 meta-analysis of studies found that people taking orlistat for 12 months in combination with lifestyle changes saw a 2.9% greater weight reduction than the placebo group (.
Other benefits: Orlistat has been shown to reduce blood pressure slightly and may reduce the risk of developing type 2 diabetes when used alongside lifestyle changes (.
Side effects: This drug has many digestive side effects, including loose, oily stools; flatulence; and frequent bowel movements that are hard to control. It may also contribute to deficiency in fat-soluble vitamins such as vitamins A, D, E, and K ( 29 ).
Following a low fat diet while taking orlistat is often recommended to minimize side effects. Interestingly, a low carb diet (without medication) has been considered as effective as orlistat and a low fat diet combined.
Both diets were as effective for weight loss but showed no significant differences in blood sugar and blood lipid levels. However, orlistat combined with a low fat diet was more effective at lowering blood pressure (.
Summary.
Orlistat, also known as Alli or Xenical, can reduce the amount of fat you absorb from food and help you lose weight. It has many side effects, some of which are highly unpleasant.
Raspberry ketone is a substance found in raspberries that is responsible for their distinct smell.
How it works: In isolated fat cells from mice, raspberry ketones increase the breakdown of fat and increase levels of a hormone called adiponectin, which is believed to be related to weight loss (.
Effectiveness: There are very few studies on raspberry ketones in humans, though one 2013 study looked at raspberry ketones along with some other ingredients and found a potential 2% increase in weight loss over 8 weeks when compared with a placebo ( 31 ).
However, high doses of raspberry ketones were also associated with higher blood sugar levels and higher levels of ALT, a liver enzyme, indicating liver dysfunction.
It’s unknown whether these effects would translate to humans. More research is necessary to determine any benefits and risks.
Summary.
There is no evidence that raspberry ketones cause weight loss in humans, and the rat studies that suggest they may work used massive doses. More research is needed.
Glucomannan is a type of fiber found in the roots of the elephant yam, which is also called konjac .
How it works: Glucomannan absorbs water and becomes gel-like. It “sits” in your gut and promotes a feeling of fullness, helping you eat fewer calories (.
Effectiveness: One clinical trial showed that taking glucomannan for 60 days could lower body weight among participants with overweight, but only if they were consistently taking the supplement (.
Other benefits: Glucomannan is a fiber that can feed the friendly bacteria in the intestine. It can also lower blood sugar, blood cholesterol, and triglycerides and works effectively against constipation (.
Side effects: It can cause bloating, flatulence, and soft stools and can interfere with some oral medications if taken at the same time.
Summary.
Studies show that the fiber glucomannan, when combined with a healthy diet, can help people lose weight. It also leads to improvements in various health markers.
Meratrim is a relative newcomer on the diet pill market.
It’s a combination of two plant extracts — Sphaeranthus indicus and Garcinia mangostana — that may change the metabolism of fat cells.
How it works: It claims to make it harder for fat cells to multiply, decrease the amount of fat they pick up from the bloodstream, and help them burn stored fat.
Effectiveness: Very few studies about Meratrim exist. One study involved 60 people with obesity placed on a strict 2,000-calorie diet and increased physical activity, with either Meratrim or a placebo.
After 8 weeks, the Meratrim group had lost 11 pounds (5.2 kg) and 4.7 inches (11.9 cm) off their waistlines (.
Another study suggested that Meratrim had long lasting effects on appetite suppression ( 39 ).
Summary.
One study showed that Meratrim caused weight loss and had a number of other health benefits. However, the study was industry-sponsored, and more research is needed.
Green tea extract is a popular ingredient in many weight loss supplements. This is because numerous studies have shown that the main antioxidant it contains, EGCG , may aid fat burning.
How it works: Green tea extract is believed to hinder enzymes such as pancreatic lipase, which, when combined with reduced fat absorption, can be an effective way to treat obesity (.
Effectiveness: Many human studies have shown that green tea extract, when paired with exercise, can increase fat burning and cause fat loss, especially in the belly area (.
Side effects: Green tea extract is generally well tolerated. It does contain some caffeine and may cause symptoms in people who are sensitive to caffeine.
CLA has been a popular fat loss supplement for years.
It is known as one of the “healthier” trans fats and is found naturally in some fatty animal-derived foods like cheese and butter .
Effectiveness: In a major review of 13 studies, researchers found that CLA caused weight loss of about 1.1 pounds (0.52 kg) compared with a placebo. This number increased to 2.3 pounds (1.05 kg) in people over age 44 (.
According to another review from 2012, CLA may make you lose about 1.5 pounds (0.7 kg) compared with a placebo. The authors conclude by questioning the clinical relevance of CLA’s small effect on body weight (.
Side effects: CLA can cause various digestive side effects and may have harmful effects over the long term, potentially contributing to fatty liver, insulin resistance, and increased inflammation.
Summary.
CLA could be an effective weight loss supplement, but it may have harmful effects in the long term. The small amount of weight loss it may lead to is not worth the risk.
Forskolin is an extract from a plant in the mint family that is thought to be effective for weight loss.
Effectiveness: One study in 30 men with excess weight or obesity showed that forskolin reduced body fat and increased muscle mass while having no effect on body weight. Another study in 23 women with excess weight found no effects (.
Summary.
The two small studies on forskolin have shown conflicting results. It’s best to avoid this supplement until more research has been done.
A type of orange called bitter orange contains the compound synephrine.
How it works: Synephrine has similar mechanisms to ephedrine but is less potent. It could help reduce appetite and increase fat burning (.
Effectiveness: Very few studies have been done on synephrine, but many studies have found that ephedrine can cause significant short-term weight loss (.
Summary.
Synephrine is a fairly potent stimulant and is potentially effective for weight loss in the short term. However, the side effects can be serious, so it should be used only with extreme caution and with a doctor’s supervision.
Prescription medications for weight loss.
The most common ones are Contrave and Phentermine .
According to a 2014 review, even prescription weight loss pills don’t work as well as you might assume. On average, they may help you lose 3–9% of your body weight compared with a placebo (.
Keep in mind that this is only when these pills are combined with a healthy weight loss diet . They are ineffective on their own and are not likely a helpful long-term solution to obesity . They also have many possible side effects.
The bottom line.
increased fat burning: caffeine and green tea extract.
However, many health professionals advise against orlistat because of the unpleasant side effects and against CLA because of its harmful effects on metabolic health.
That leaves glucomannan, green tea extract, and caffeine. These supplements can be helpful, but the effects are modest at best. And you can find all three naturally in foods and drinks without having to resort to a supplement.
Ultimately, no supplement or pill works very well for weight loss. They may give your metabolism a bit of a nudge and help you lose a few pounds, but that’s where their effects likely end.
Determining a weight that’s healthy for you, focusing on mindful eating , using safe calorie deficits , and increasing your physical activity are still the best ways to lose weight, and these methods work better than all the diet pills combined.
By Kris Gunnars, BSc.
Belly fat is the most harmful fat in your body, linked to many diseases. Here are 6 simple ways to lose belly fat that are supported by science.
READ MORE.
By Kris Gunnars, BSc.
This simple 3-step plan can help you lose weight fast. Read about the 3-step plan, along with other science-backed weight loss tips, here.
Many people store fat in the belly, and losing fat from this area can be hard. Here are 19 effective tips to lose belly fat, based on studies.
Though fad diets typically promise quick and easy weight loss, they seldom live up to the hype. However, these 8 fad diets actually work.
By Lisa Wartenberg, MFA, RD, LD.
If losing weight is your goal, this article covers 18 foods that may help support a healthy and sustainable weight loss journey, according to science.
READ MORE.
By Kris Gunnars, BSc.
This article lists 20 common reasons why you're not losing weight. Many people stop losing before they reach a weight they are happy with.
By Adda Bjarnadottir, MS, RDN (Ice).
There are many natural weight loss methods that science has shown to be effective. Here are 29 easy ways to lose weight naturally.
To lose weight long-term, you don't need crash diets or boot camp. Instead, start by simply replacing processed foods with real foods.
Weight Loss Surgery: New Guidelines Are Released, Expanding Eligibility.
The first new guidelines on weight-loss surgery in 30 years expand eligibility for the procedures by lowering the body-mass index thresholds.
New Guidelines Recommend These Weight Loss Drugs For People With Obesity.
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**2.** <https://www.webmd.com/vitamins-and-supplements/herbal-remedies>

Bitter Orange.
When you want to drop some weight, it's tempting to look for help anywhere you can. If your thoughts turn to supplements or herbal remedies, keep in mind that research gives many of them mixed reviews. In some cases, there isn't a lot of science to back up the claims, and some have health risks. Talk with your doctor first before you try any.
Also, you should know that the FDA has cracked down on some weight loss supplements that had prescription drugs in them that weren't noted on the label. You can't always tell what you're getting.
Supplements are not regulated by the FDA in the same way that food and drugs are. The FDA does not review these supplements for safety or efficacy before they hit the market.
Chitosan.
This is a sugar that comes from the hard outer layers of lobsters, crabs, and shrimp. Enthusiasts say it can block fats and cholesterol from getting absorbed by your body.
Does it help you lose weight? Natural Medicines, an independent group that analyzes research on supplements , says there isn't enough reliable evidence to rate it. The National Center for Complementary and Integrative Health states that chitosan has not been shown to be effective for weight loss.
Chitosan usually causes no side effects, but some people get an upset stomach or constipation . If you are allergic to shellfish, you should not take chitosan, because it is made from shellfish.
Chromium is a mineral that enhances insulin , a hormone that's important for turning food into energy. Your body also needs it to store carbohydrates, fats, and proteins.
Boost your muscle mass.
But a review of 24 studies that checked the effects of 200 to 1,000 micrograms of chromium a day found that there aren't any significant benefits. Natural Medicines says that chromium is "possibly ineffective" for weight loss.
Headache.
This is a popular supplement that contains chemicals found in a fatty acid called linoleic acid. There are claims that it may help curb body fat and help you stay full.
The research on CLA for weight loss is mixed. Some suggests that for some people, 1.8 to 6.8 grams of CLA per day may:.
But other research shows it doesn't help you shed pounds.
Some researchers warn that long-term use, especially if you're obese, may raise insulin resistance , which makes it more likely you'll get type 2 diabetes . It might lower "good" cholesterol in your blood , as well, which raises the risk of heart problems.
Glucomannan.
This is made from the konjac plant. Like other dietary fibers, it's supposed to help you lose weight by blocking fat in your food from being absorbed into your body.
Natural Medicines says there is "insufficient evidence" to rate how well glucomannan works for weight loss.
If you take glucomannan in the tablet form of the supplement, you could choke or get a blockage in your:.
It appears to be somewhat safer if you take this supplement as a powder or a capsule.
Glucomannan also may make it harder for your body to absorb medications. So take your medicine either 1 hour before or 4 hours after you use glucomannan.
Raising calorie and fat metabolism.
Green Coffee Extract.
Early studies suggest it may lead to modest weight loss, but more research is needed. Natural Medicines states that there is not enough good research to decide if it is effective.
This comes from the seed of the guar plant. Like other dietary fibers, it may prevent fats from being absorbed into your body and helps you feel full.
Guar gum has been studied much more than other fibers for weight loss, and most researchers say it's not effective.
This is a plant that grows in the Kalahari Desert in Africa. According to the National Center for Complementary and Alternative Medicine , the stem of the root was traditionally used by Bushmen to cut their hunger and thirst during long hunts. It's now marketed as an appetite suppressant.
Hoodia contains P57, an ingredient that's said to curb appetite by helping you feel full. But there's no credible evidence that it's safe or effective.
This is found naturally in your body. It may help you lose pounds by boosting your metabolism so you burn more calories throughout the day.
In a couple of small studies, people who took 7-keto- DHEA -- along with moderate exercise and a reduced-calorie diet -- lost significantly more weight than those who were given a placebo (a dummy pill). But Natural Medicines says there still isn't enough reliable evidence to rate how well it works.
This is an herb that's also known as ma huang. This is a different plant from a related species that grows in North America. Ephedra contains the stimulant ephedrine .
Phenylpropanolamine.
The FDA's ban doesn't apply to traditional Chinese herbal remedies or to products such as herbal teas.
According to the FDA, there is little evidence that the herb helps except for short-term weight loss. The agency says the health risks outweigh any benefits.
Bitter Orange.
The bitter orange tree is native to Africa and tropical Asia. It's also grown in the Mediterranean, California, and Florida.
Bitter orange fruit rind contains synephrine, a stimulant related to ephedrine. It supposedly works by raising the number of calories burned.
After the FDA banned weight loss products containing ephedra, many makers switched to bitter orange, but it's not clear if it's safer.
Natural Medicines says that bitter orange is "possibly unsafe" when taken by mouth as a supplement, and there's not enough evidence to know if it works for weight loss.
Some studies show bitter orange supplements can raise your blood pressure and heart rate. There have been reports that they may have had dangerous side effects in people who took bitter orange alone or combined with other stimulants such as caffeine . The risks include:.
The FDA says bitter orange may not be safe to use as a dietary supplement . You should especially avoid it if you have a heart condition, high blood pressure, or other medical problem.
You should also avoid bitter orange supplements if you take caffeine , certain medications (such as MAO inhibitors), or herbs or other supplements that speed up the heart rate.
SOURCES:.
FDA: "Beware of Fraudulent Weight-Loss Dietary Supplements;" "Tainted Weight Loss Products;" "Weight Loss Fraud: Know What You're Taking;" and "Questions and Answers about FDA's Initiative Against Contaminated Weight Loss Products.".
Natural Medicines Comprehensive Database: "Natural Medicines in the Clinical Management of Obesity;" "7-Keto-DHEA;" "Hoodia;" "Guar Gum;" "Green Coffee Extract;" "Green Tea Extract;" "Glucomannan;" "Conjugated Linoleic Acid;" "Chromium;" and "Chitosan.".
National Center for Complementary and Alternative Medicine: "Bitter Orange;" "Ephedra;" "Hoodia;" "Effects of Chromium Picolinate in People at Risk for Type 2 Diabetes;" and "Green Tea.".
National Library of Medicine: "Senna.".

**3.** <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20046409>

This content does not have an English version.
Appointments at Mayo Clinic.
By Mayo Clinic Staff.
The promise of fast weight loss is hard to resist. But do weight-loss supplements lighten anything but your wallet? And are they safe?
What are dietary supplements?
Dietary supplements are sold as health aids. They're taken by mouth. Common ingredients are vitamins, minerals, fiber, caffeine, herbs and other plants.
Some of the most popular supplements claim to improve nutrition, boost energy, build muscle or burn fat.
How are dietary supplements regulated?
Companies that make supplements are responsible for the safety of their products. They must ensure that their products are free of contaminants and that they're accurately labeled.
Dietary supplements don't require approval by the U.S. Food and Drug Administration (FDA). But if a supplement is found to be unsafe, the FDA can issue warnings or ask that it be withdrawn from the market.
Interpreting claims about weight loss.
You might be surprised to learn that makers of dietary supplements rarely carry out clinical trials. That's part of the reason why there's little scientific evidence to show that weight-loss supplements work.
For example, raspberry ketone is marketed as a clinically proven weight-loss product. That claim is supported by one clinical trial.
The trial included 70 adults with obesity. All were placed on a restricted diet and exercise program. They were then randomly assigned to receive either a placebo or a supplement containing raspberry ketone, caffeine, bitter orange, ginger and garlic root extract.
The 45 people who completed the trial all lost weight:.
The average weight loss in the supplement group was 4.2 pounds (1.9 kilograms).
The average weight loss in the placebo group was 0.9 pounds (0.4 kilograms).
While these results are intriguing, the fact that the trial was small and lasted only eight weeks means the results can't be reliably generalized to real-world situations. And importantly, a short trial like this may miss side effects that only become apparent with long-term use.
In addition, the trial used a supplement that contained multiple ingredients. So it's impossible to tell which ingredient was responsible for the weight loss.
Ideally these initial results would be tested in a much longer trial involving hundreds of participants with careful monitoring for side effects. Results from such a trial would allow for an informed decision about the safety and effectiveness of such a product.
Until such trial data is more readily available, claims regarding dietary supplements and weight loss should be treated with caution.
Understanding safety concerns.
A product isn't necessarily safe simply because it's natural. Though rare, some dietary supplements have been linked to serious problems, such as liver damage.
Supplements can have strong effects. Ephedra (ma-huang) is an herb once used for weight loss. It's now banned by the FDA because it was associated with adverse effects, such as mood changes, high blood pressure, irregular heart rate, stroke, seizures and heart attacks.
Research before you buy.
It's important to do your homework if you're thinking about trying a weight-loss supplement. Check credible websites, such as those run by the U.S. Office of Dietary Supplements and the National Center for Complementary and Integrative Health.
Also be sure to talk with your doctor before taking any supplement. This is especially important if you have health problems, take prescription drugs, or are pregnant or breast-feeding. .
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**4.** <https://www.timesunion.com/marketplace/article/best-diet-pill-supplements-17167158.php>

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Analytical Methods and Reference Materials (AMRM).
Disclaimer.
This is a fact sheet intended for health professionals. For a reader-friendly overview of Dietary Supplements for Weight Loss, see our consumer fact sheet on Dietary Supplements for Weight Loss .
This fact sheet provides information on weight-loss dietary supplements \* , including summaries of research on the safety and efficacy of several of the most commonly used ingredients in these products.
More than two-third of adults and almost one-third of children and adolescents in the United States are overweight or have obesity [ 1 , 2 ]. Forty-five percent of Americans who are overweight and 67% of those with obesity are trying to lose weight [ 3 ].
Health experts agree that making lifestyle changes—including following a healthy dietary pattern, reducing caloric intake, and engaging in physical activity—is the basis for achieving long-term weight loss [ 4-7 ]. But because making diet and lifestyle changes can be difficult, many people turn to dietary supplements promoted for weight loss in the hope that these products will help them more easily achieve their weight-loss goals.
Approximately 15% of U.S. adults have used a weight-loss dietary supplement at some point in their lives; more women report use (21%) than men (10%) [ 8 ]. Americans spend about $2.1 billion a year on weight-loss dietary supplements in pill form (e.g., tablets, capsules, and softgels) [ 9 ], and one of the top 20 reasons why people take dietary supplements is to lose weight [ 10 ].
Dietary supplements promoted for weight loss encompass a wide variety of products and come in a variety of forms, including capsules, tablets, liquids, powders, and bars [ 11 ]. Manufacturers market these products with various claims, including that these products reduce macronutrient absorption, appetite, body fat, and weight and increase metabolism and thermogenesis. Weight-loss products can contain dozens of ingredients, and some contain more than 90 [ 11 ]. Common ingredients in these supplements include botanicals (herbs and other plant components), dietary fiber, caffeine, and minerals.
In its report on dietary supplements for weight loss, the U.S. Government Accountability Office concluded that "little is known about whether weight loss supplements are effective, but some supplements have been associated with the potential for physical harm" [ 12 ]. Many weight-loss supplements are costly, and some of these products’ ingredients can interact or interfere with certain medications. So it is important to consider what is known—and not known—about each ingredient in any dietary supplement before using it.
People who are considering using weight-loss supplements should talk with their healthcare provider to discuss these products' potential benefits and risks. This is especially important for those who have medical conditions, including high blood pressure, diabetes, and liver or heart disease. Yet, according to a large national survey, less than one-third of U.S. adults who use weight-loss dietary supplements discuss this use with a healthcare professional [ 8 ].
\* Dietary supplements are labeled with a Supplement Facts panel and do not include meal replacement shakes or prescription or over-the-counter medications.
The U.S. Food and Drug Administration (FDA) regulates dietary supplements, including those promoted for weight loss [ 13 ]. Like other dietary supplements, weight-loss supplements differ from over-the-counter or prescription medications in that the FDA does not classify them as drugs. Unlike drugs, dietary supplements do not require premarket review or approval by the FDA. Supplement manufacturers are responsible for determining that their products are safe and their label claims are truthful and not misleading. If the FDA finds a supplement to be unsafe, it may take enforcement action to remove the product from the market or ask the manufacturer to recall the product. The FDA and the Federal Trade Commission can also take regulatory actions against manufacturers that make unsubstantiated weight-loss claims about their products. The FDA does not permit dietary supplements to contain pharmaceutical ingredients, and manufacturers may not promote dietary supplements to diagnose, treat, cure, or prevent any disease [ 13 ].
For more information about dietary supplement regulation, see the Office of Dietary Supplements (ODS) publication, Dietary Supplements: What You Need to Know .
Weight-loss dietary supplements contain a wide variety of ingredients. Not surprisingly, the amount of scientific information available on these ingredients varies considerably. In some cases, evidence of their purported benefits consists of limited data from animal and laboratory studies, rather than data from human clinical trials. In other cases, studies supporting a given ingredient’s use are small, of short duration, and/or of poor quality, limiting the strength of the findings. In almost all cases, additional research is needed to fully understand the safety and/or efficacy of a particular ingredient [ 3 ].
Complicating the interpretation of many study results is the fact that most weight-loss dietary supplements contain multiple ingredients, making it difficult to isolate the effects of each ingredient and predict the effects of the combination. Evidence may exist for just one of the ingredients in a finished product, and no evidence may be available for an ingredient when it is combined with other ingredients. Furthermore, dosages and amounts of active components vary widely among weight-loss supplements, and a product’s composition is not always fully described in published studies [ 14 ]. Studies might also use different and sometimes inappropriate assessment techniques to measure the effectiveness of a given treatment. All of these factors can make it difficult to compare the results of one study with those of another.
Table 1 briefly summarizes the findings discussed in more detail in this fact sheet on the safety and efficacy of the most common ingredients of weight-loss dietary supplements. These ingredients are listed and discussed in the table and text in alphabetical order. Dosage information is provided when it is available. However, because ingredients might not be standardized and many products contain proprietary blends of ingredients, the active compounds and their amounts might not be comparable among products [ 15 ].
Few clinical trials, all with small sample sizes.
Research findings: Possible modest reduction in body weight and waist circumference.
No safety concerns reported for up to 3,150 mg/day for 10 weeks.
Beta-glucans.
Several clinical trials with weight loss as a secondary outcome.
Research findings: No effect on body weight.
Bitter orange (Citrus aurantium L.).
Small clinical trials of poor methodological quality.
Research findings: Possible increase in resting metabolic rate and energy expenditure; inconclusive effects on weight loss.
Some safety concerns reported, especially for combinations with other stimulants.
Caffeine (as added caffeine or from guarana, kola nut, yerba maté, or other herbs).
Short-term clinical trials of combination products.
Research findings: Possible modest effect on body weight or decreased weight gain over time.
Safety concerns not usually reported at intakes less than 400–500 mg/day for adults, significant safety concerns at higher doses.
Calcium.
Several large clinical trials.
Research findings: No effect on body weight, weight loss, or prevention of weight gain based on clinical trials.
No safety concerns reported at recommended intakes (1,000–1,200 mg/day for adults).
Reported adverse effects: Constipation, kidney stones, and interference with zinc and iron absorption at intakes above 2,000–2,500 mg for adults.
Capsaicin and other capsaicinoids.
Several clinical trials, mostly focused on energy intake and appetite.
Research findings: Might reduce energy intake but no effect on body weight.
Few safety concerns reported for up to 33 mg/day for 4 weeks or 4 mg/day for 12 weeks.
Several clinical trials with weight loss as a secondary outcome.
Research findings: Possible modest reduction in body weight.
No safety concerns reported for up to 2 g/day for 1 year or 4 g/day for 56 days.
Reported adverse effects: Nausea, vomiting, diarrhea, abdominal cramps, and a “fishy” body odor; might increase trimethylamine N-oxide (TMAO) levels, which are linked to greater cardiovascular disease risk.
Chitosan.
Small clinical trials, mostly of poor methodological quality.
Research findings: Minimal effect on body weight.
Few safety concerns reported for 0.24–15 g/day for up to 6 months; could cause allergic reactions.
Chromium.
Several clinical trials of varying methodological quality.
Research findings: Minimal effect on body weight and body fat.
No safety concerns reported for recommended intakes (20–45 mcg/day for adults).
Coleus forskohlii.
Few short-term clinical trials.
Research findings: No effect on body weight.
No safety concerns reported at typical doses of 500 mg/day for 12 weeks.
Conjugated linoleic acid.
Several clinical trials.
Research findings: Minimal effect on body weight and body fat.
Few safety concerns reported for 2.4–6 g/day for up to 12 months.
Reported adverse effects: Abdominal discomfort and pain, constipation, diarrhea, loose stools, dyspepsia, and (possibly) adverse effects on blood lipids and glucose homeostasis.
Fucoxanthin.
Studied only in combination with pomegranate-seed oil in one trial in humans.
Research findings: Insufficient research to draw firm conclusions.
Garcinia cambogia (hydroxycitric acid).
Several short-term clinical trials of varying methodological quality.
Some safety concerns reported.
Glucomannan.
Several clinical trials of varying methodological quality, mostly focused on effects on lipid and blood glucose levels.
Research findings: Little to no effect on body weight.
Significant safety concerns reported for tablet forms, which might cause esophageal obstructions, but few safety concerns with up to 15.1 g/day of other forms for several weeks.
Few clinical trials, all of poor methodological quality.
Research findings: Possible modest effect on body weight.
Few safety concerns reported for up to 200 mg/day for as long as 12 weeks, but not rigorously studied; contains caffeine.
Green tea (Camellia sinensis) and green tea extract.
Several clinical trials of good methodological quality on green tea catechins with and without caffeine.
Research findings: Possible modest effect on body weight.
No safety concerns reported for use as a beverage, contains caffeine; some safety concerns reported for green tea extract.
Guar gum.
Several clinical trials of good methodological quality.
Research findings: No effect on body weight.
Few safety concerns reported with currently available formulations containing up to 30 g/day for as long as 6 months.
Research findings: No effect on energy intake or body weight based on one study.
Some safety concerns reported, increases heart rate and blood pressure.
Probiotics.
Several clinical trials.
Research findings: Inconsistent effects on body fat, waist and hip circumference, and body weight.
No safety concerns reported for healthy individuals.
Few clinical trials, all of weak methodological quality.
Research findings: Possible minimal effect on body weight and body fat.
Few safety concerns reported for up to 30 g/day for as long as 6 weeks, but not well studied.
Studied only in combination with other ingredients.
Research findings: Insufficient research to draw firm conclusions.
Several clinical trials.
Research findings: No effect on body weight.
No safety concerns reported at recommended intakes (600–800 IU/day for adults); toxic at very high intakes; tolerable upper intake level of 4,000 IU/day for adults.
White kidney bean (Phaseolus vulgaris).
Several clinical trials of varying methodological quality.
Research findings: Possible modest effect on body weight and body fat.
Few safety concerns reported for up to 3,000 mg/day for as long as 12 weeks.
Yohimbe (Pausinystalia yohimbe).
Very little research on yohimbe for weight loss.
Research findings: No effect on body weight; insufficient research to draw firm conclusions.
Significant safety concerns reported, especially for yohimbine doses of 20 mg or higher.
Reported adverse effects: Headache, anxiety, agitation, hypertension, and tachycardia, myocardial infarction, cardiac failure, and death.
\* References to support statements in Table 1 are provided in subsequent text.
\*\*The evidence of efficacy and safety is for the individual ingredients. The efficacy and safety of these ingredients might be different when they are combined with other ingredients in a product. .
African mango, or Irvingia gabonensis, is a fruit-bearing tree that is native to western and central Africa [ 16 ]. Irvingia gabonensis seed kernel extract has been proposed to promote weight loss by inhibiting adipogenesis, as demonstrated in vitro [ 17 ]. In addition, a proprietary extract of Irvingia gabonensis, IGOB131®, reduces serum levels of leptin [ 18 ], a hormone that is positively correlated with body weight and percentage body fat [ 19 ]. IGOB131® might also reduce total cholesterol and low-density lipoprotein (LDL) levels [ 18 ].
Efficacy: Studies have examined the effects of Irvingia gabonensis on weight loss to only a limited extent in humans. A clinical trial conducted in Cameroon randomized 102 adults with overweight or obesity (body mass index [BMI] >25) to receive either 150 mg IGOB131® or placebo 30–60 minutes before lunch and dinner (300 mg total daily dose) for 10 weeks [ 18 ]. Participants who received the extract had significantly lower body weight, body fat, and waist circumference at the end of the trial than those taking a placebo. This trial, along with two others, was included in a 2013 systematic review whose authors reported that Irvingia gabonensis extract causes statistically significant reductions in body weight and waist circumference [ 19 ]. The authors noted, however, that the trials included in the review used different study methodologies, small samples, short intervention periods, and varying daily doses of Irvingia gabonensis extract (300 mg to 3,150 mg); in addition, the trials were all conducted by the same authors. Additional trials with larger samples and diverse populations are needed to determine whether Irvingia gabonensis extract is effective for weight loss [ 19 ].
Safety: Irvingia gabonensis extract appears to be well tolerated. No adverse effects have been found in rats at doses up to 2,500 mg/kg body weight per day [ 20 ], but its safety has not been rigorously studied in humans. Most reported adverse effects are mild, including headache, difficulty sleeping, flatulence and gas [ 19 ]. However, Irvingia gabonensis has been associated with renal failure in a patient with chronic kidney disease [ 21 ].
Beta-glucans are glucose polysaccharides found in bacteria, yeasts, fungi, and cereal grains (such as oats and barley). As soluble dietary fibers, beta-glucans are proposed to increase satiety and gastrointestinal transit time and to slow glucose absorption [ 16 ]. Consumption of beta-glucans from barley has been shown to reduce energy intake and appetite in humans [ 22 ].
Efficacy: Several studies have investigated the effects of beta-glucans on blood lipids, blood pressure, and insulin resistance, with weight loss as a secondary outcome. In one of these studies, 66 women who were overweight followed a low-calorie diet (designed to produce a 0.5 kg/week weight loss) for 3 months that was supplemented with 5–6 g/day beta-glucan (from oat bran), 8–9 g/day beta-glucan, or no beta-glucan (control) [ 23 ]. At the end of the trial, all groups lost weight and had a smaller waist circumference, but there were no significant differences between groups. Similarly, other trials have found that 3–10 g/day beta-glucans for 4–12 weeks does not have a significant effect on weight loss [ 16 ].
Safety: Beta-glucans appear to be well tolerated. Reported adverse effects include increased flatulence, but not changes in stool consistency, stool frequency, or bloating [ 24 ].
Bitter orange is the common name for the botanical Citrus aurantium. The fruit of this plant is a source of p-synephrine (often referred to simply as “synephrine”) and other protoalkaloids [ 25- 28 ]. As alpha-adrenergic agonists, synephrine alkaloids can mimic the action of epinephrine and norepinephrine. However, the extent to which bitter orange and synephrine cause similar cardiovascular and central-nervous-system effects to epinephrine and norepinephrine (e.g., increased heart rate and blood pressure) is not clear [ 25-27 ].
Studies suggest that bitter orange increases energy expenditure and lipolysis and that it acts as a mild appetite suppressant [ 25 , 27 ]. After the FDA banned the use of ephedrine alkaloids in dietary supplements in 2004 [see section on ephedra (má huáng)], manufacturers replaced ephedra with bitter orange in many products; thus, bitter orange became known as an “ephedra substitute” [ 29 ]. Although synephrine has some structural similarities to ephedrine, it has different pharmacological properties [ 27 , 30 ].
Efficacy: Several small human studies have examined whether bitter orange is effective for weight loss [ 30 ]. Interpreting the results of these studies is complicated by the fact that bitter orange is almost always combined with other ingredients in weight-loss supplements.
In one study, 20 healthy adults who were overweight (BMI >25) took a product containing 975 mg bitter orange extract (6% synephrine alkaloids), 528 mg caffeine, and 900 mg St. John’s wort; a placebo; or nothing (control) each day for 6 weeks [ 31 ]. All participants also took part in a circuit-training exercise program and were counseled to consume 1,800 kcal/day. At the end of the study, participants taking the combination bitter orange product had a significantly greater reduction in percent body fat and fat mass and a greater increase in basal metabolic rate than those in the placebo and control groups. Participants in all groups lost weight, but the authors did not report whether the mean reduction in body weight in the treatment group (1.4 kg) was significantly greater than that in the placebo group (0.9 kg) or control group (0.4 kg) [ 32 ].
In another study, 8 healthy people with overweight or obesity (BMI 25–40) received counseling to follow a 1,200–1,500 kcal/day diet and were randomized to take either an herbal supplement containing bitter orange (18 mg synephrine/day) and other ingredients, including guarana extract as a source of caffeine (396 mg caffeine/day), or placebo [ 33 ]. The peak rise in resting metabolic rate at baseline was significantly higher in participants taking the herbal supplement than those in the placebo group, but the difference was not significant at the end of the 8-week study. Participants taking the herbal supplement had a significant increase in mean body weight (1.13 kg) compared with those taking a placebo (0.09 kg) at the end of the study. However, this increase in body weight did not significantly affect body fat and lean tissue levels or waist circumference. The authors noted that the weight gain might have occurred by chance because the trial was insufficiently powered to detect this small difference.
The authors of a 2012 review of 23 small human clinical studies involving a total of 360 participants concluded that synephrine increases resting metabolic rate and energy expenditure [ 30 ]. The authors of an earlier review of animal studies, clinical trials, physiologic studies, and case reports concluded that synephrine alkaloids have a “suggestion of some benefit to weight loss,” but the available data are very limited and cannot be considered conclusive [ 25 ]. Similarly, a 2011 systematic review of four weight loss trials (including the two described above) concluded that the evidence of efficacy for bitter orange/synephrine is contradictory and weak [ 34 ]. According to all of these reviews, longer-term clinical trials with rigorous designs and large samples are needed to determine the value of bitter orange for weight loss.
Safety: Products containing bitter orange may have significant safety concerns. Reported adverse effects include chest pain, headache, anxiety, elevated heart rate, musculoskeletal complaints, ventricular fibrillation, ischemic stroke, myocardial infarction, and death [ 34 , 35 ]. However, many of the products with these effects contain multiple herbal ingredients, and the role of bitter orange in these adverse effects cannot be isolated. Some studies indicate that bitter orange and synephrine—as bitter orange extract or pure synephrine—raise blood pressure and heart rate, but other studies show that they do not have these effects [ 25-27 , 31 , 36-39 ]. For example, a single dose of 900 mg bitter orange standardized to 6% (54 mg) synephrine significantly increased heart rate as well as systolic and diastolic blood pressure for up to 5 hours compared to placebo in 15 healthy men and women [ 38 ]. However, in an 8-week clinical trial in 80 healthy, resistance-trained adult men, a dietary supplement containing bitter orange extract (providing 20 mg synephrine/day), 284 mg caffeine, and other ingredients did not increase resting heart rate, systolic or diastolic blood pressure, or reported side effects at 4 and 8 weeks compared to placebo or the same supplement formulation without synephrine [ 40 ]. Some researchers have suggested that synephrine might not act directly as a cardiovascular stimulant [ 27 , 37 , 39 ]. Instead, caffeine, other stimulants in multicomponent formulations, and other constituents of bitter orange or adulterants (such as m-synephrine, which is not naturally present in bitter orange) might be responsible for its observed effects.
Many dietary supplements promoted for weight loss contain added caffeine or an herbal source—such as guarana (Paullinia cupana), kola (or cola) nut (Cola nitida), and yerba maté (Ilex paraguariensis)—that naturally contains caffeine. Green tea and other forms of tea also contain caffeine (see section on green tea ). Some weight-loss supplement labels do not declare the amount of caffeine in the product and only list the herbal ingredients. As a result, consumers might not be aware that the presence of certain herbs means that a product contains caffeine and possibly other stimulants [ 41 ].
Caffeine is a methylxanthine that stimulates the central nervous system, heart, and skeletal muscles. It also increases gastric and colonic activity and acts as a diuretic [ 42 , 43 ]. Caffeine has a half-life of about 6 hours; blood levels increase within 15–45 minutes of consumption, and they peak at around 60 minutes [ 44 ]. Caffeine increases thermogenesis in a linear, dose-dependent fashion in humans [ 45 ]. A 100 mg dose of caffeine, for example, increased energy expenditure by a mean of 9.2 kcal/hr more than placebo in healthy humans, and this effect lasted for three hours or more. Caffeine might also contribute to weight loss by increasing fat oxidation through sympathetic activation of the central nervous system and by increasing fluid loss [ 41 , 45 ]. Habitual use of caffeine however, leads to caffeine tolerance and a diminishment of these effects [ 41 , 43 ].
Efficacy: Caffeine increases energy expenditure and fat oxidation [ 44 ]. However, the extent to which these effects affect weight loss is less clear, partly because clinical trials examining the effects of caffeine on weight loss have all been short and have used combination products. In one study, 167 participants with overweight or obesity (BMI 25–40) took a supplement containing kola nut (192 mg/day caffeine) and ma huang (90 mg/day ephedrine) or placebo [ 46 ]. Participants were counseled to eat a normal diet except for limiting dietary fat to 30% of calories and to exercise moderately. After 6 months, those in the treatment group lost significantly more weight (mean weight loss 5.3 kg) than those in the placebo group (2.6 kg) and had significantly greater body fat reduction. A product containing caffeine plus glucosyl hesperidin (G-hesperidin, a flavonone glycoside found mainly in citrus fruits) reduced abdominal fat and BMI in a clinical trial in Japan [ 47 ]. In this study, 75 healthy men and women who were overweight (BMI 24–30) received one of five treatments daily for 12 weeks while maintaining their regular lifestyle and eating habits. The five treatments were placebo and four formulations of 0, 25, 50, or 75 mg caffeine plus 500 mg G-hesperidin. The 75 mg caffeine plus G-hesperidin significantly reduced BMI by a mean of 0.56 vs. 0.02 for placebo. The 50 or 75 mg caffeine plus G-hesperidin also significantly reduced abdominal fat compared to placebo, whereas the G-hesperidin alone or with only 25 mg caffeine did not significantly affect BMI or abdominal fat. These findings indicate that the higher doses of caffeine might be responsible for the observed effects.
In another study, 47 adults who were overweight (BMI 26–30) were randomized to take a combination product containing 336 mg yerba maté (1–1.5% caffeine), 285 mg guarana (3–6% caffeine), and 108 mg damiana (a botanical extract that contains essential oils, resins, and tannins but not caffeine) or placebo 15 minutes before each main meal for 45 days while maintaining their normal eating habits [ 48 ]. At the end of the study, participants taking the herbal product lost a mean of 5.1 kg compared to 0.3 kg for those taking the placebo.
Data from a 12-year prospective observational study provide some insight into the long-term association between caffeine intake and body weight [ 49 ]. In this study, researchers followed 18,417 healthy men and 39,740 healthy women enrolled in either the Nurses’ Health Study or the Health Professionals Follow-Up Study. On average, participants gained some weight during the study, but men who increased their caffeine intake during the 12 years of follow-up gained a mean of 0.43 kg less than those who decreased their caffeine consumption. For women, the corresponding mean difference in weight gain was 0.35 kg less. In a cross-sectional study, German adults who had lost weight and maintained the weight loss (n = 494) reported significantly higher consumption of coffee and other caffeinated beverages (mean intake 3.83 cups/day) than the general population (n = 2,129, mean intake 3.35 cups/day), suggesting that caffeine might help with weight loss maintenance [ 50 ]. However, further research is needed to confirm this finding.
Safety: For healthy adults, the FDA and the European Food Safety Authority (EFSA) state that up to 400 mg/day caffeine does not pose safety concerns [ 51 , 52 ], whereas the American Medical Association recommends a limit of 500 mg/day [ 53 ]. For comparison, an 8-ounce cup of brewed coffee contains about 85–100 mg caffeine . The FDA and EFSA have not set a safe level of intake for children, but the American Medical Association recommends that adolescents consume no more than 100 mg/day, and the American Academy of Pediatrics discourages children and adolescents from consuming caffeine and other stimulants [ 51-54 ].
Caffeine can cause sleep disturbances and feelings of nervousness, jitteriness, and shakiness. Caffeine can be toxic at doses of 15 mg/kg (about 1,000 mg for a 150-lb adult), causing nausea, vomiting, tachycardia, seizures, and cerebral edema [ 42 ]. Doses above 150 mg/kg (about 10,000 mg for a 150-lb adult) can be fatal. Combining caffeine with other stimulants, such as bitter orange and ephedrine, can potentiate these adverse effects. According to an analysis, 47% of calls to the California Poison Control System in 2006 reporting adverse effects or toxicities potentially caused by dietary supplements involved products containing caffeine [ 55 ].
Calcium is an essential mineral that is stored in the bones and teeth, where it supports their structure and function. Calcium is required for vascular contraction and vasodilation, muscle function, nerve transmission, intracellular signaling, and hormonal secretion [ 56 ]. The Recommended Dietary Allowance (average daily level of intake sufficient to meet the nutrient needs of 97–98% of healthy individuals) for calcium ranges from 1,000 to 1,300 mg/day for children and adults aged 4 years and older.
Several studies have correlated higher calcium intakes with lower body weight or less weight gain over time [ 57-61 ]. Two explanations have been proposed. First, high calcium intakes might reduce calcium concentrations in fat cells by decreasing the production of parathyroid hormone and the active form of vitamin D. Decreased intracellular calcium concentrations, in turn, might increase fat breakdown and discourage fat accumulation in these cells [ 59 ]. Second, calcium from food or supplements might bind to small amounts of dietary fat in the digestive tract and prevent absorption of this fat [ 59 , 62 , 63 ]. Dairy products, in particular, might contain additional components that have even greater effects on body weight than their calcium content alone would suggest [ 60 , 64-67 ]. For example, protein and other components of dairy products might modulate appetite-regulating hormones [ 61 ].
Efficacy: A 2014 randomized crossover trial in 15 healthy young men found that diets high in milk or cheese (supplying a total of 1,700 mg/day calcium) significantly increased fecal fat excretion compared to a control diet that supplied 500 mg calcium/day [ 68 ]. However, the results from clinical trials examining the effects of calcium on body weight have been largely negative. For example, supplementation with 1,500 mg/day calcium (from calcium carbonate) was investigated in 340 adults with overweight or obesity (BMI ≥25) with mean baseline calcium intakes of 878 mg/day (treatment group) and 887 mg/day (placebo group) [ 69 ]. Compared to placebo, calcium supplementation for 2 years had no clinically significant effects on weight.
The authors of four reviews of published studies on the effects of calcium from supplements or dairy products on weight management reached similar conclusions [ 70-73 ]. These reviews include a 2009 evidence report from the Agency for Healthcare Research and Quality whose authors concluded that, overall, clinical trial results do not support an effect of calcium supplementation on weight [ 70 ]. In addition, a 2015 meta-analysis of 41 randomized controlled trials found no benefit of calcium supplementation or increased dairy food consumption for body weight or body fat [ 73 ]. A 2016 meta-analysis of 33 randomized trials and longitudinal studies lasting 12 weeks to 6 years found that calcium from foods or supplements had no overall effect on body weight [ 74 ]. However, in subgroup analyses, calcium did reduce body weight in some groups, including children, adolescents, adult men, premenopausal women, women older than 60, and people with normal BMI [ 74 ]. Overall, the results from clinical trials do not support a clear link between higher calcium intakes and lower body weight, prevention of weight gain, or weight loss.
Safety: The Tolerable Upper Intake Level (UL; maximum daily intake unlikely to cause adverse health effects) for calcium established by the Institute of Medicine of the National Academies (now the Academy of Medicine at the National Academies of Sciences, Engineering, and Medicine) is 2,500 mg/day for adults aged 19–50 years and 2,000 mg for adults aged 51 and older [ 56 ]. High intakes of calcium can cause constipation and might interfere with the absorption of iron and zinc, although this effect is not well established. High intakes of calcium from supplements, but not foods, have been associated with an increased risk of kidney stones [ 56 , 75-77 ].
Capsaicinoids give chili peppers their characteristic pungent flavor. Capsaicin is the most abundant and well-studied capsaicinoid [ 78 ]. Capsaicin and other capsaicinoids have been proposed to have anti-obesity effects via their ability to increase energy expenditure and lipid oxidation, attenuate postprandial insulin response, increase satiety, and reduce appetite and energy intake [ 78-82 ]. Other research suggests that capsaicin increases satiety by inducing gastrointestinal distress (e.g., pain, burning sensation, nausea, and bloating, which could all reduce the desire to eat) rather than by releasing satiety hormones [ 82 ].
Efficacy: Most research on capsaicin and other capsaicinoids focuses on their effects on energy intake and appetite, rather than body weight. A meta-analysis of eight randomized, placebo-controlled clinical trials evaluated the effects of capsaicinoids on ad libitum energy intake in a total of 191 participants who had a normal body weight or were moderately overweight [ 78 ]. Doses of capsaicinoids ranged from 0.2 mg in a single meal to 33 mg/day for 4 weeks (via chili powder, chili-containing foods, or chili capsules). Overall, consuming capsaicinoids significantly reduced energy intake by a mean of 74 kcal per meal; body weight was not assessed, so the impact of this calorie reduction on weight loss cannot be quantified. The authors noted that the results suggest that at least 2 mg capsaicinoids are needed to reduce calorie intake but that the studies were very heterogeneous.
A 2017 clinical trial compared 2 mg/day and 4 mg/day capsaicinoid supplements for 12 weeks in 77 adults who were overweight [ 83 ]. At the end of the trial, participants receiving 4 mg/day capsaicinoids reported a mean intake of 252 fewer calories per day than those receiving placebo and a mean of 140 fewer calories per day than those receiving 2 mg/day capsaicinoids. However, the calorie reductions did not significantly affect body weight at either 6 weeks or 12 weeks.
Safety: Supplementation with 4 mg/day capsaicinoids can cause gastrointestinal distress [ 83 ]. It might also increase serum insulin and reduce high-density lipoprotein (HDL) cholesterol levels. Otherwise, capsaicin and other capsaicinoids appear to be safe. Research is underway to reduce the pungency and "chili taste" associated with capsaicin while retaining its potential biological effects [ 81 ].
Carnitine is the generic term for several compounds, including L-carnitine itself, several acylcarnitines (e.g., acetyl-L-carnitine), and propionyl-L-carnitine. It is composed of the amino acids lysine and methionine [ 84 ]. Carnitine is naturally present in animal products such as meat, fish, poultry, and milk and dairy products; small amounts are present in some plant foods. Humans synthesize carnitine from its constituent amino acids, so dietary carnitine intake is not necessary. Almost all cells of the body contain carnitine, which transports fatty acids into the mitochondria and acts as a cofactor for fatty acid beta-oxidation [ 85 ]. Because of these effects, carnitine has been proposed as a weight-loss agent.
Efficacy: Studies have primarily evaluated carnitine’s effects on lipid levels, cardiovascular disease, and type 2 diabetes; weight loss has been a secondary outcome in most studies. In a clinical trial in 258 patients with uncontrolled type 2 diabetes, 2 g/day L-carnitine plus the pharmaceutical ingredient orlistat (360 mg/day) for 1 year significantly increased weight loss compared to orlistat alone [ 86 ]. However, 2 g/day L-carnitine alone for 6 months did not affect weight loss in 94 men and women who were overweight and had newly diagnosed type 2 diabetes [ 87 ]. A 2016 systematic review and meta-analysis combined the results from nine carnitine supplementation clinical trials in adults (including the two described above) that assessed weight loss [ 85 ].The trials included a total of 911 participants. In eight trials, the daily carnitine doses ranged from 1.8 to 4 g/day L-carnitine or levocarnitine for 30 to 360 days; in one trial, the dose of L-carnitine was 15 mg/kg/day for 182 days. Overall, study participants who received carnitine supplements lost an average of 1.33 kg more weight than those who received a placebo. Additional research on carnitine for weight loss is warranted.
Safety: Carnitine supplements are well tolerated and generally safe at doses up to about 4 g/day, although they can cause nausea, vomiting, abdominal cramps, diarrhea, and a "fishy" body odor [ 88-90 ]. Rarer side effects include muscle weakness in patients with uremia and seizures in those with seizure disorders.
Some research indicates that intestinal bacteria metabolize carnitine to form trimethylamine N-oxide (TMAO), a substance that might increase the risk of cardiovascular disease [ 91 ]. This effect appears to be more pronounced in people who consume meat than in vegans or vegetarians. The implications of this effect are not well understood and require more research.
Chitosan is a manufactured polysaccharide that is commercially prepared from the exoskeletons of crustaceans. It is purported to promote weight loss by binding to some dietary fat in the digestive tract, preventing its absorption [ 16 , 41 ]. Chitosan might also decrease cholesterol absorption [ 16 ].
Efficacy: In a small study, 12 healthy men and 12 healthy women (BMI 20–36) followed the same diet for 12 days (five meals per day with 38% of energy from fat) [ 92 ]. Chitosan capsules taken before meals (total of 2.5 g/day) slightly increased fecal fat excretion in the men compared to the control group. However, the amount of fat that the chitosan trapped would result in a loss of only 1 lb body fat over about 7 months. Chitosan had no significant effect on fecal fat excretion in the women compared to the control group.
One clinical trial randomly assigned 59 women with overweight or obesity (BMI 27–40) to receive either chitosan (3 g/day divided between the two largest meals) or placebo for 8 weeks while continuing their normal dietary and exercise habits [ 93 ]. At the end of the study, those in the treatment group lost a mean of 1 kg body weight compared to a mean weight gain of 1.5 kg in the placebo group. The effect of chitosan (3 g/day) with or without ascorbic acid (2 g/day) was evaluated in an 8-week study in women aged 20–30 who were overweight and who followed their regular diet and exercise habits [ 94 ]. In this study, chitosan treatment reduced body weight (mean weight loss about 2.5 kg) compared to placebo (mean weight loss about 1 kg); the addition of ascorbic acid led to additional body weight reductions of about 1.5 kg compared to chitosan alone. In contrast, in a 28-day trial, chitosan (2 g/day divided into two equal doses) failed to reduce body weight compared to placebo in 28 women who were overweight and in 6 men who were overweight and who maintained their normal diet during the study [ 95 ]. The authors of a Cochrane review that included 13 trials examining the effect of chitosan on body weight found that chitosan, when taken for 4 weeks to 6 months, reduced body weight by a mean of 1.7 kg compared with placebo [ 96 ]. They concluded that chitosan appears to be more effective than placebo for short-term weight loss, but most studies have been of poor quality. The authors also noted that results from high-quality trials indicate that chitosan has minimal effects on body weight, and these effects are probably clinically insignificant.
Safety: The adverse effects of chitosan are minor and primarily involve the gastrointestinal tract. They include flatulence, bloating, mild nausea, constipation, indigestion, and heartburn [ 93 , 95 , 96 ]. Because chitosan is derived from shellfish, people who are allergic to shellfish could theoretically be allergic to chitosan [ 97 ].
The trivalent form of chromium (chromium III) is an essential trace mineral that potentiates the action of insulin. The Institute of Medicine of the National Academies (now the Academy of Medicine at the National Academies of Sciences, Engineering, and Medicine) has established an Adequate Intake for chromium of 20–35 mcg/day for non-pregnant, non-lactating adults [ 98 ]. Dietary supplements commonly contain chromium in the form of chromium picolinate, which consists of chromium and picolinic acid, although they might also contain other forms, including chromium nicotinate and chromium yeast [ 99 ]. Poor chromium status might contribute to impaired glucose tolerance and type 2 diabetes [ 98 ]. Researchers have hypothesized that chromium supplements increase lean muscle mass and promote fat loss, but study results have been equivocal [ 41 , 100 ]. Some research indicates that these supplements might also reduce food intake, hunger levels, and fat cravings [ 101 ], although data on these effects are sparse.
Efficacy: Several studies have evaluated the effects of chromium supplements, usually in the form of chromium picolinate, on weight loss. A 2013 Cochrane review analyzed the results from 9 randomized controlled trials of chromium picolinate supplements in a total of 622 participants with overweight or obesity (BMI ≥25) [ 100 ]. Trial durations ranged from 8 weeks to 6 months, and doses of chromium picolinate were 200 to 1,000 mcg/day. Six of the trials included resistance or weight training, and three did not. Chromium picolinate supplementation reduced body weight by 1.1 kg more than placebo, but the amount of weight loss did not correlate with the dose of chromium picolinate. The authors stated that the effect is of “debatable clinical relevance” and the overall quality of the evidence is low.
Also in 2013, a systematic review and meta-analysis of 11 randomized controlled trials (including most of the trials evaluated in the Cochrane review) examined the effects of chromium supplementation in a total of 866 individuals with overweight or obesity [ 99 ]. The authors concluded that daily doses of 137 to 1,000 mcg chromium for 8 to 26 weeks reduce body weight by 0.5 kg and percent body fat by 0.46%. Like the authors of the Cochrane review, these authors noted that the effect is small and of "uncertain" clinical relevance. Similar findings were reported from an earlier meta-analysis of 12 trials [ 102 ].
Safety: Trivalent chromium appears to be well tolerated. Adverse effects from clinical trials include watery stools, headache, weakness, nausea, vomiting, constipation, vertigo, and urticaria (hives) [ 99 , 100 ]. Chromium does not have an established UL because few serious adverse effects have been linked to high intakes [ 98 ]. Hexavalent chromium (chromium IV) is toxic and not found in food or dietary supplements.
Forskolin is a compound isolated from the roots of Coleus forskohlii, a plant that grows in subtropical areas, such as India and Thailand. Forskolin is purported to promote weight loss by enhancing lipolysis and reducing appetite [ 103 , 104 ], possibly by stimulating cyclic adenosine monophosphate (cAMP) production. This increased cAMP production, in turn, is thought to activate lipase and promote the release of fatty acids from adipose tissue [ 16 ].
Efficacy: Although animal studies indicate that forskolin reduces food intake [ 103 , 105 ], research in humans is very limited and inconclusive. In a small randomized double-blind trial, 19 women with overweight or obesity (BMI 25–35) aged 18–40 years took either a placebo or an extract of Coleus forskohlii (250 mg standardized for 10% forskolin [ForsLean™]) before breakfast and dinner for a total daily dose of 500 mg while continuing their usual diet for 12 weeks [ 106 ]. Compared to placebo, Coleus forskohlii extract had no effect on body weight, appetite, caloric intake, or macronutrient intake. The same Coleus forskohlii extract and dose were evaluated in another 12-week randomized double-blind trial involving 30 men who were overweight (BMI ≥26) [ 104 ]. In this study, Coleus forskohlii extract did not affect body weight, but it did significantly decrease mean body fat by about 4% compared with about 1% for placebo. A similar extract of Coleus forskohlii (500 mg/day standardized for 10% forskolin) also failed to reduce body weight compared to placebo in a 12-week trial in 30 adults with overweight or obesity (BMI >25) consuming a hypocaloric diet, although it significantly reduced plasma insulin concentrations [ 107 ].
Safety: In a study in mice, Coleus forskohlii extract caused dose-dependent hepatotoxicity, but pure forskolin did not have this effect, suggesting that other component(s) of Coleus forskohlii extract might be responsible for the hepatotoxicity [ 108 ]. In humans, forskolin might increase the frequency of bowel movements and cause loose stools [ 107 ], but doses of 500 mg/day (standardized for 10% forskolin) for 12 weeks have not been reported to cause more serious adverse events [ 104 , 106 , 107 ]. Forskolin has not been evaluated in longer-term trials. Additional research is needed to better understand the safety and side effects of both short- and long-term use.
Conjugated linoleic acid (CLA) is a mixture of linoleic acid isomers containing conjugated double bonds that is present mainly in dairy products and beef. The various isomeric forms of CLA include c9t11-CLA and t10c12-CLA, and it is available in dietary supplements as a triacylglycerol or as a free fatty acid [ 109 ]. Researchers have suggested that CLA enhances weight loss by increasing lipolysis and fatty acid oxidation in skeletal muscle, reducing lipogenesis, and promoting apoptosis in adipose tissue [ 17 , 110 ].
Efficacy: Although CLA appears to reduce body fat mass in animals [ 17 ], results from human studies suggest that its effects are small and of questionable clinical relevance [ 111 ]. One double-blind, placebo-controlled trial evaluated the effects of CLA supplementation (as a 50:50 mixture of c9t11-CLA and t10c12-CLA) in 180 male and female volunteers who were overweight (BMI 25–30) consuming an ad libitum diet [ 109 ]. Participants received CLA as a free fatty acid (3.6 g CLA isomers), CLA as a triacylglycerol (3.4 g CLA isomers), or placebo daily for 1 year. At the end of the study, body fat mass dropped by significant amounts with both forms of CLA compared with placebo; reductions, on average, were 6.9% with CLA as a free fatty acid and 8.7% with the triacylglycerol form. Supplementation with CLA as a free fatty acid (but not as a triacylglycerol) also increased lean body mass compared with placebo.
In another double-blind crossover trial, daily supplementation with CLA oil (6.4 g CLA isomers—approximately equal amounts of c9t11-CLA and t10c12-CLA) for 16 weeks significantly reduced BMI and total body fat compared with safflower oil in 35 postmenopausal women with obesity (BMI >30) with type 2 diabetes [ 112 ]. These findings are similar to those from a 2012 randomized, double-blind, placebo- controlled trial in 63 adults with overweight or obesity (BMI 24–35) that found statistically significant, but small, reductions in mean weight (0.69 kg) and body fat (0.49 kg) compared to baseline after 12 weeks of CLA use (3.4 g/day, 50:50 mixture of c9t11-CLA and t10c12-CLA) [ 113 ]. In contrast, those in the placebo group did not lose a significant amount of body weight (0.09 kg) or body fat (0.1 kg) compared to baseline. However, 3.2 g/day CLA (isomer mixture, mainly c9t11-50% and t10c12-80%) combined with aerobic exercise for 8 weeks did not reduce body fat compared to placebo in 28 young women with obesity [ 114 ]. The authors of a systematic review and meta-analysis of seven randomized controlled trials concluded that taking 2.4–6 g/day CLA for 6–12 months reduces body weight by a mean of 0.7 kg and body fat by a mean of 1.33 kg compared to placebo [ 111 ]. However, the authors noted that the "magnitude of these effects is small, and the clinical relevance is uncertain.".
Safety: CLA appears to be well tolerated. Most reported adverse effects are minor, consisting mainly of gastrointestinal disturbances, such as abdominal discomfort and pain, constipation, diarrhea, loose stools, nausea, vomiting, and dyspepsia [ 3 , 109 , 111 , 113 , 115 , 116 ]. CLA might also increase some markers of oxidative stress and decrease breastmilk fat levels, but additional research is needed to confirm these effects [ 117 ].
CLA has been linked to hepatitis in three case reports [ 118-120 ]. However, whether CLA caused this toxicity cannot be definitively established because the products were not analyzed to rule out the presence of a contaminant.
CLA might adversely affect lipid profiles, although results from studies are inconsistent. Some research indicates that CLA has no major effect on lipid profiles, but other research shows that certain CLA isomers might decrease HDL cholesterol and increase lipoprotein(a) levels [ 109 , 110 , 116 , 121-124 ]. The CLA isomer t10c12-CLA has also been reported to increase insulin resistance and glycemia in men with obesity and metabolic syndrome [ 110 , 124 ].
Fucoxanthin is a carotenoid in brown seaweed and other algae. Results from laboratory and animal studies suggest that fucoxanthin might promote weight loss by increasing resting energy expenditure and fatty acid oxidation as well as by suppressing adipocyte differentiation and lipid accumulation [ 125 , 126 ].
Efficacy: Only one clinical trial has been conducted on the possible weight-loss effects of fucoxanthin. This 16-week trial used Xanthigen®, a dietary supplement containing brown seaweed extract and pomegranate-seed oil [ 127 ]. In one arm of this study, 110 premenopausal women with obesity (BMI >30), 72 of whom had non-alcoholic fatty liver disease (NAFLD), received either a placebo or Xanthigen® three times a day before meals for a total daily dose of 2.4 mg fucoxanthin and 300 mg pomegranate-seed oil. Participants followed a controlled diet that limited total energy intake to 1,800 kcal/day. Compared to the placebo group, those receiving Xanthigen® lost significantly more body weight by the end of the trial (mean loss of 6.9 kg vs. 1.4 kg for placebo in participants with NAFLD; mean loss of 6.3 kg vs. 1.4 kg for placebo in those without NAFLD). Because this is the only clinical trial on a dietary supplement containing fucoxanthin, additional research is needed to understand the supplement’s potential effects on body weight and the role of fucoxanthin versus that of the combination or pomegranate oil alone.
Safety: The safety of fucoxanthin has not been thoroughly evaluated in humans. Although participants using Xanthigen® in the clinical trial described above reported no adverse effects [ 127 ], further investigation of the safety and potential side effects of fucoxanthin at various levels of intake is required.
Garcinia cambogia is a fruit-bearing tree that grows throughout Asia, Africa, and the Polynesian islands [ 128 ]. The pulp and rind of its fruit contain high amounts of hydroxycitric acid (HCA), a compound that has been proposed to inhibit lipogenesis, increase hepatic glycogen synthesis, suppress food intake, and reduce weight gain [ 6 , 15 , 109 , 128 , 129 ].
Efficacy: Studies in rats have found that Garcinia cambogia suppresses food intake and inhibits weight gain [ 3 ]. In humans, however, the evidence on whether Garcinia cambogia or HCA is effective for weight loss is conflicting, and any effects it has appear to be small [ 6 , 17 , 128-130 ].
In one randomized, placebo-controlled trial, 89 women who were mildly overweight (mean BMI 28.6) received Garcinia cambogia (800 mg 30–60 minutes before meals for a total daily dose of 2.4 g/day [1,200 mg HCA]) or placebo and followed a 1,200 kcal diet for 12 weeks [ 131 ]. Women receiving Garcinia cambogia lost significantly more weight (3.7 kg) than those receiving placebo (2.4 kg). However, Garcinia cambogia did not alter appetite, and the study produced no evidence that the supplement affected feelings of satiety. In another double-blind, placebo-controlled trial, 135 men and women who were overweight (BMI 27–38) received either Garcinia cambogia (1,000 mg 30 minutes before each meal for a total daily dose of 3,000 mg/day [1,500 mg HCA]) or placebo and followed a high-fiber, low-energy diet for 12 weeks [ 132 ]. Participants in both groups lost weight, but the between-group weight-loss differences were not statistically significant. HCA also had no effect on body fat loss.
A 2011 review and meta-analysis of 12 randomized controlled trials with a total of 706 participants examined the effects of Garcinia cambogia on weight loss [ 130 ]. The findings from nine of the trials (those that had data suitable for statistical pooling) indicate that when taken for 2–12 weeks, Garcinia cambogia (1,000–2,800 mg/day HCA) reduces body weight in the short term by a mean of 0.88 kg compared to placebo. However, the authors noted that most of the studies had methodological issues; when they considered the two rigorously designed trials only (which used 1,500 mg/day and 2,800 mg/day HCA), the effect was no longer statistically significant. Therefore, the effect of Garcinia cambogia on body weight remains uncertain. The authors of a 2013 review reached similar conclusions, noting that whether Garcinia cambogia/HCA is effective for obesity "remains to be proven in larger-scale and longer-term clinical trials" [ 133 ].
Safety: The reported adverse effects of Garcinia cambogia and HCA are generally mild and include headache, nausea, upper respiratory tract symptoms, and gastrointestinal symptoms [ 128 , 130 , 132 ]. However, dietary supplements containing Garcinia cambogia have been implicated in three cases of mania, which might have been caused by the serotonergic activity of HCA [ 134 ]. Symptoms included grandiosity (an unrealistic sense of superiority), irritability, pressured speech, and decreased need for sleep. Reports have also described 10 cases of liver toxicity, resulting in one death and two liver transplants, in people taking products containing Garcinia cambogia [ 43 , 135-137 ]. In most of these cases, the products contained other botanical ingredients and minerals as well, so the toxicity cannot be definitively attributed to Garcinia cambogia. Because all clinical trials of Garcinia cambogia and HCA have been short, its long-term safety is unknown.
Glucomannan is a soluble dietary fiber derived from konjac root (Amorphophallus konjac) that can absorb up to 50 times its weight in water [ 16 ]. Like guar gum, glucomannan has been proposed to increase feelings of satiety and fullness and prolong gastric emptying by absorbing water in the gastrointestinal tract [ 16 , 138 , 139 ]. It might also reduce fat and protein absorption in the gut [ 16 ].
Efficacy: Glucomannan appears to have beneficial effects on blood lipids and glucose levels [ 139 ], but its effects on weight loss are inconsistent. In one study in Italy, 2 g/day glucomannan in two divided doses in 60 children (mean age 11.2 years) with obesity for 2 months did not significantly affect weight loss compared to placebo [ 140 ]. In a small study conducted in the United States, 20 women with obesity (weighing ≥20% more than ideal body weight) consumed 3 g/day glucomannan (1 g before each meal) or placebo for 8 weeks [ 141 ]. At the end of the study, glucomannan produced significantly greater weight loss (mean loss of 2.5 kg) than placebo (mean gain of 0.7 kg). In another study conducted in the United States, supplementation with glucomannan (3.9 g/day) for 4 weeks in 63 healthy men did not significantly reduce body weight compared with placebo [ 142 ]. Eight weeks of glucomannan supplementation (1.33 g before each meal for a total of 3.99 g/day) also failed to significantly reduce body weight compared to placebo in 53 adults with overweight or obesity who continued their usual dietary and physical activity habits [ 143 ].
The authors of a 2015 systematic review of six randomized controlled trials with a total of 293 participants concluded that 1.24 to 3.99 g/day glucomannan for up to 12 weeks does not have a significant effect on body weight compared to placebo [ 144 , 145 ]. Similarly, a 2014 meta-analysis of eight trials that included 301 participants found that glucomannan did not significantly affect weight loss compared to placebo [ 146 ]. The authors of an older meta-analysis of 14 studies designed primarily to investigate glucomannan's effect on lipid and blood glucose levels concluded that 1.2 to 15.1 g/day glucomannan reduces body weight by a small but statistically significant amount (mean loss 0.79 kg more than placebo) over about 5 weeks [ 139 ].
Safety: Little is known about the long-term safety of glucomannan. Glucomannan appears to be well tolerated for short-term use, with minor adverse effects, including belching, bloating, loose stools, flatulence, diarrhea, constipation, and abdominal discomfort [ 139 , 143 , 144 , 146 ]. The use of tablet forms of glucomannan was reported to be associated with seven cases of esophageal obstruction in 1984–1985 in Australia [ 99 ]. Users should therefore be cautious when taking glucomannan tablets. Powdered and capsule forms have not been associated with this effect [ 147 ].
The seeds (or beans) of the coffee plant (Coffea arabica, Coffea canephora, Coffea robusta) are green until they are roasted. Compared to roasted beans, green coffee beans have higher levels of chlorogenic acid. Green coffee extract, probably because of its chlorogenic acid content, inhibits fat accumulation in mice and humans by regulating adipogenesis. Green coffee extract also modulates glucose metabolism [ 148-150 ], perhaps by reducing glucose absorption in the gut [ 151 ]. Green coffee beans contain caffeine (see section on caffeine above) [ 152 ], although decaffeinated forms are available [ 16 ].
Efficacy: In mice, green coffee bean extract in combination with a high-fat diet significantly reduced body weight gain and fat mass [ 149 , 150 ]. Only a few clinical trials have examined the effects of green coffee bean on weight loss in humans, and all were of poor methodological quality. Onakpoya and colleagues conducted a meta-analysis of three trials in which participants who were overweight received either 180 or 200 mg/day green coffee extract for 4 to 12 weeks [ 151 ]. The researchers concluded that green coffee extract has a moderate but significant effect on body weight (mean weight loss of 2.47 kg more than placebo), but they noted that the methodological quality of all studies included in the meta-analysis was poor.
The authors of another small clinical trial claimed to show a benefit of green coffee extract for weight loss [ 153 ], but the study was strongly criticized by the Federal Trade Commission for having several critical flaws in its design [ 154 , 155 ]. Two of the three study authors subsequently retracted the journal publication.
Safety: Green coffee extract appears to be well tolerated, but its safety has not been rigorously studied. Reported adverse effects include headaches and urinary tract infections [ 151 ]. The caffeine naturally present in green coffee beans acts as a stimulant and can cause adverse effects, depending on the dose and whether it is combined with other stimulants (see section on caffeine above).
Green tea (Camellia sinensis) is a popular beverage consumed worldwide that has several purported health benefits [ 156 ]. Green tea is present in some dietary supplements, frequently in the form of green tea extract. The active components of green tea that are associated with weight loss are caffeine (see section on caffeine above) and catechins, primarily epigallocatechin gallate (EGCG), which is a flavonoid [ 41 , 156 ]. A typical brewed cup of green tea has about 240–320 mg catechins [ 156 ] and 45 mg caffeine. It has been suggested that green tea and its components might reduce body weight by increasing energy expenditure and fat oxidation, reducing lipogenesis, and decreasing fat absorption [ 41 , 157-160 ]. Green tea might also decrease carbohydrate digestion and absorption [ 161 ]. Available green tea extracts cover the range from minimally processed tea leaves to highly processed, manufactured concentrates of single constituents, such as EGCG.
The authors of a meta-analysis of six randomized controlled trials with a total of 98 participants found that caffeine alone or in combination with catechins significantly increases energy expenditure in a dose-dependent fashion compared with placebo [ 157 ]. This effect might be important for maintaining weight loss by helping counteract the decrease in metabolic rate that can occur during weight loss. Catechins combined with caffeine also significantly increase fat oxidation, but caffeine alone does not. Other human research indicates that EGCG alone does not increase resting metabolic rate, fat oxidation, or the thermic effect of feeding (the increase in metabolic rate associated with the digestion and absorption of food) [ 162 , 163 ].Taken together, these findings suggest that green tea catechins and caffeine might act synergistically [ 41 , 157 , 158 ].
Efficacy: Several human studies have examined the effects of green tea catechins on weight loss and weight maintenance. A 2012 Cochrane review analyzed the results from 14 randomized controlled trials of green tea preparations in a total of 1,562 participants with overweight or obesity [ 164 ]. The trials lasted from 12 to 13 weeks, and doses of green tea catechins ranged from 141 to 1,207 mg; in 10 of the 14 trials, the green tea preparations contained caffeine. Green tea supplementation reduced body weight by a mean of 0.95 kg more than placebo. However, when the authors analyzed the six studies that were conducted outside of Japan (where study methodologies were less heterogeneous than in the Japanese studies), they found no statistically significant difference in weight loss for green tea compared to placebo.
Another systematic review and meta-analysis included 15 randomized controlled trials, 6 of which examined the effects of caffeine (39–83 mg/day) with and without green tea catechins (576–690 mg/day) on anthropometric measurements. The authors reported that green tea catechins combined with caffeine over a median of 12 weeks modestly yet significantly reduced body weight by a mean of 1.38 kg and waist circumference by a mean of 1.93 cm compared with caffeine alone [ 165 ]. Only two studies in this meta-analysis examined the effects of green tea catechins alone. Their results suggest that green tea catechins alone do not affect body weight or other anthropometric measurements. A subsequent trial also found that decaffeinated green tea extract containing EGCG (1,315 mg/day total catechins) for 12 months had no overall effect on body weight, BMI, or waist circumference in 121 postmenopausal women with overweight or obesity [ 166 ].
A meta-analysis of 11 randomized controlled trials found that people who took EGCG combined with caffeine for 12–13 weeks lost a mean of 1.31 kg more body weight (or gained 1.31 kg less weight) than those in control groups [ 167 ]. In 2010, EFSA examined health claims related to green tea and concluded that "a cause and effect relationship has not been established between the consumption of catechins (including EGCG) from green tea…and contribution to the maintenance or achievement of a normal body weight" [ 168 ]. Taken together, the findings of these studies suggest that if green tea is an effective weight-loss aid, any effect it has is small and not likely to be clinically relevant [ 164 , 165 ].
Safety: No adverse effects have been reported from the consumption of green tea as a beverage [ 156 ]. For green tea extract, most reported adverse effects are mild to moderate, and they include nausea, constipation, abdominal discomfort, and increased blood pressure [ 164 ]. Toxicology studies in rats and mice show that green tea extract does not cause cancer but does cause nonneoplastic lesions in many areas of the body, including the nose, liver, and bone marrow [ 169 ]. Other evidence in mice shows that high doses of catechins cause liver toxicity. There is also increasing evidence in humans that green tea extract might cause liver damage, though the underlying mechanism is not well understood [ 170 ]. An analysis of 1,021 postmenopausal women participating in the Minnesota Green Tea Trial found that women who consumed green tea extract containing 1,315 mg total catechins (including 843 mg EGCG) and 15.8 mg caffeine daily for 12 months had significantly increased liver enzymes compared to those taking a placebo, and some women developed moderate or more severe liver function abnormalities [ 170 ]. Other research indicates that green tea polyphenols do not elevate liver enzymes or cause liver dysfunction when consumed by healthy men for 3 weeks at a dose of 714 mg/day [ 171 ].
Consumption of some green tea extracts—primarily ethanolic extracts of green tea—has also been linked to liver damage in at least 50 case reports since 2006 [ 43 , 172 ]. In 2008, the U.S. Pharmacopeia (USP) systematically reviewed the safety of green tea products [ 173 ]. Based on 34 of the liver damage case reports and animal pharmacological and toxicological information, the USP concluded that the consumption of green tea products "probably" caused 7 cases of liver damage and “possibly” caused 27 cases. The USP noted that problems are more likely when green tea extract is taken on an empty stomach and, therefore, advises taking green tea extracts with food to minimize the possible risk of liver damage. Other researchers and medical experts advise using dietary supplements containing green tea extract only with caution [ 156 ].
Guar gum is a soluble dietary fiber derived from seeds of the Indian cluster bean Cyamopsis tetragonolobus [ 16 , 174 ]. Guar gum is present in certain dietary supplements and is an ingredient in some food products, especially gluten-free baked goods, because it helps bind and thicken these products. Like glucomannan, guar gum is purported to promote weight loss by acting as a bulking agent in the gut, delaying gastric emptying, increasing feelings of satiety, and, theoretically, decreasing appetite and food intake [ 16 , 174 ].
Efficacy: The authors of a review of guar gum’s effects on appetite control concluded that a dose of 2–5 g increases satiety and reduces the frequency of between-meal snacking [ 175 ]. However, guar gum does not appear to enhance weight loss. In a 2001 meta-analysis of 20 randomized, double-blind, placebo-controlled trials that statistically pooled data from 11 trials, Pittler and colleagues evaluated the effects of guar gum for body weight reduction in a total of 203 adults [ 174 ]. Trial participants included people with hypercholesterolemia, hyperlipidemia, or type 1 or type 2 diabetes; menopausal women; and healthy volunteers. Doses of guar gum ranged from 9 to 30 g/day for 3 weeks to 6 months; most participants followed their usual diet, and some received dietary advice. Compared with placebo, guar gum had no significant effect on weight loss. The authors concluded that guar gum is not effective for body weight reduction. More recently, a randomized study in 44 adults with type 2 diabetes who followed their usual diet found that 10 g/day guar gum significantly reduced waist circumference after 4 and 6 weeks compared to baseline, but it did not affect weight loss [ 176 ].
Safety: Reported adverse effects for guar gum are primarily gastrointestinal and include abdominal pain, flatulence, diarrhea, increased number of bowel movements, nausea, and cramps [ 174 , 176 , 177 ]. Case reports indicate that guar gum can cause severe esophageal and small-bowel obstruction if taken without sufficient fluid [ 178 , 179 ]. However, these reports were about a guar gum product that is no longer available [ 178 ]. In their meta-analysis, Pittler and colleagues concluded that given the adverse effects associated with the use of guar gum, the risks of taking it outweigh its benefits [ 174 ].
Hoodia gordonii is a succulent plant that grows in the Kalahari Desert of southern Africa. The San people have traditionally used hoodia as an appetite suppressant during long hunts. This anecdotal evidence, combined with results of a few animal studies indicating that hoodia reduces food intake [ 180 ], led to the widespread marketing of hoodia as a weight-loss supplement in the United States in the early 2000s.
Scientists have not determined the exact mechanism whereby hoodia might suppress appetite. A glycoside commonly called P57, which may have central nervous system activity [ 181 ], is widely believed to be the main active ingredient, although not all researchers agree [ 16 , 182 ].
Efficacy: Despite its popularity as a weight-loss supplement, very little scientific research on hoodia has been conducted in humans [ 183 ]. In a randomized controlled trial, 49 healthy women (mean BMI 25) aged 18–50 years were randomized to receive Hoodia gordonii purified extract (2,220 mg/day in two divided doses taken 1 hour before breakfast and dinner) or placebo combined with an ad libitum diet for 15 days [ 184 ]. Compared to placebo, hoodia extract had no significant effect on energy intake or body weight.
Safety: Hoodia has been reported to cause significant increases in heart rate and blood pressure [ 184 ]. It also raises bilirubin and alkaline phosphatase levels (which may indicate impaired liver function), although the clinical significance of these findings is unclear because hoodia has not been reported to affect levels of other liver enzymes. Other side effects include headache, dizziness, nausea, and vomiting.
In the past, some hoodia products were found to contain little or no hoodia [ 185 ]. According to a report released in 2007, only 30–60% of hoodia products contained adequate amounts of hoodia, although the authors did not indicate whether "adequate" referred to a therapeutic dose or whether the quantity of hoodia matched the label claim [ 186 ]; no more recent data on hoodia content in supplements is available.
The human microbiota, which outnumber human cells by up to 10-fold, have myriad roles in human health [ 187 , 188 ]. Although microbes are found throughout the human body, the vast majority inhabit the colon. The gut microbiota play an important role in nutrient and energy extraction from food. Research in mice suggests that the gut microbiota affect not only use of energy from the diet, but also energy expenditure and storage within the host [ 189 ]. Whether these effects translate to humans is unknown. However, manipulating the gut microbiota has been proposed as a method to prevent or treat obesity in humans, and probiotics might provide a way to accomplish this. Probiotics are in foods, such as some yogurts, as well as dietary supplements. The many different genera of probiotics include Lactobacillus, Streptococcus, and Bifidobacterium, which all have widely varying effects in the body [ 188 , 189 ].
Efficacy: Much of the research on probiotics and its influence on the gut microbiota and obesity has been in mice, and the results have been promising. For example, probiotic supplementation reduced body weight gain and fat accumulation in obese mice fed a high-fat diet [ 190 ].
In humans, however, results of clinical trials that assessed the impact of probiotics on obesity-related endpoints have been inconsistent. One 12-week clinical trial, for example, randomized 210 healthy adults aged 35 to 60 years who had large amounts of visceral fat to consume 200 g/day fermented milk containing 107, 106, or 0 (control) colony-forming units (CFU) of Lactobacillus gasseri SBT2055 (LG2055) per gram of milk [ 191 ]. Participants who received 107 or 106 CFU/g milk of Lactobacillus gasseri experienced significant reductions in visceral fat area (mean reductions of 8.5% and 8.2%, respectively), BMI, waist and hip circumference, and body fat mass compared with the control group. In another randomized clinical trial, daily supplementation with 3.24 x 108 CFU Lactobacillus rhamnosus CGMCC1.3724 for 24 weeks combined with an energy-restricted diet for the first 12 weeks (500 kcal/day less than estimated calorie needs) did not significantly affect weight loss compared with placebo in 125 adults aged 18 to 55 years with obesity [ 192 ]. However, among the 77 female participants, the Lactobacillus supplementation did significantly reduce body weight after 12 weeks (loss of 1.8 kg) and 24 weeks (loss of 2.6 kg) compared with placebo.
A 2017 systematic review of 14 clinical trials, including the two described above, in 1,067 individuals with overweight or obesity showed that probiotics (mostly Lactobacillus administered at various doses for 3 weeks to 6 months) significantly decreased body weight and/or body fat in nine trials, had no effect in three trials, and increased body weight in two trials [ 193 ]. Another recent systematic review and meta-analysis of 15 randomized controlled trials in 957 individuals with overweight or obesity found that supplementation with various doses and strains of probiotics for 3 to 12 weeks resulted in larger reductions in body weight (by 0.6 kg), body mass index (by 0.27 kg/m2), and fat percentage (by 0.6%) than placebo [ 194 ]. However, these effects were small and of questionable clinical significance.
The most recent systematic review and meta-analysis, which included 19 randomized trials in 1,412 participants, found that supplementation with probiotics or synbiotics (products containing both probiotic organisms and prebiotic sugars, which microorganisms in the gastrointestinal tract use as metabolic fuel) reduced waist circumference slightly (by 0.82 cm) but had no effect on body weight or body mass index, although the quality of evidence was low to moderate [ 195 ]. The findings from another meta-analysis of 14 trials in 881 adults, 5 trials in 726 children, and 12 trials in 1,154 infants suggested that probiotics promote an average loss of 0.54 kg in adults, an average gain of 0.20 kg in children, and no significant weight loss or gain in infants [ 196 ].
Taken together, these results indicate that the effects of probiotics on body weight and obesity might depend on several factors, including the probiotic strain, dose, and duration, as well as certain characteristics of the user, including age, sex, and baseline body weight. Additional research is needed to understand the potential effects of probiotics on body fat, body weight, and obesity in humans.
Safety: Many probiotic strains derive from species with a long history of safe use in foods or from microorganisms that colonize healthy gastrointestinal tracts. For these reasons, the common probiotic species—such as Lactobacillus species (acidophilus, casei, fermentum, gasseri, johnsonii, paracasei, plantarum, rhamnosus, and salivarius) and Bifidobacterium species (adolescentis, animalis, bifidum, breve, and longum)—are unlikely to cause harm [ 197 ].
Side effects of probiotics are usually minor and consist of self-limited gastrointestinal symptoms, such as gas. In a few cases, mainly involving individuals who were severely ill or immunocompromised, the use of probiotics has been linked to bacteremia, fungemia (fungi in the blood), or infections that result in severe illness [ 198 , 199 ]. For individuals with compromised immune function or other serious underlying diseases, the World Gastroenterology Organisation (WGO) advises restricting probiotic use to the strains and indications that have proven efficacy [ 197 ].
Pyruvate is a three-carbon compound that is generated in the body through glycolysis [ 200 ]. Pyruvate is also available as a dietary supplement, frequently in the form of calcium pyruvate. Researchers have suggested that pyruvate enhances exercise performance and reduces body weight and body fat, possibly by increasing lipolysis and energy expenditure [ 6 , 201 , 202 ].
Efficacy: Only a few studies have examined the effects of pyruvate supplementation in humans. Although some of these studies suggest that pyruvate decreases body weight and body fat, others do not. In a double-blind, placebo-controlled trial, 26 men and women who were overweight (BMI ≥25) were given 6 g/day pyruvate or placebo for 6 weeks [ 200 ]. All participants received counseling to follow a 2,000 kcal/day diet and completed 45–60 minutes of circuit training three times per week. At the end of the trial, the pyruvate group had significant decreases in body weight (mean loss of 1.2 kg), body fat, and percent body fat compared to baseline but no significant changes in lean body mass. In the placebo group, these measurements did not change significantly compared to baseline.
Another small study of 14 women with obesity (BMI 28–53) found that 30 g/day pyruvate produced greater weight loss and fat loss when isoenergetically substituted for a glucose placebo for 21 days as part of a liquid low-energy diet [ 203 ]. However, a double-blind, placebo-controlled trial in 23 women who were overweight (mean BMI 27.4) who followed their normal diets and participated in weight training and 30 minutes of walking three times per week had a different outcome [ 202 ]. In this trial, supplementation with 5 g/day calcium pyruvate for 30 days did not significantly affect body weight, body fat, percent body fat, or lean body mass compared with placebo. The authors of a systematic review and meta-analysis of 6 randomized controlled trials in a total of 203 participants concluded that 5–30 g pyruvate for 3–6 weeks reduces body weight by a mean of 0.72 kg and body fat by a mean of 0.54 kg compared to placebo [ 201 ]. However, the authors noted that the methodological quality of all trials is weak, preventing them from drawing firm conclusions.
Safety: The safety of pyruvate has not been rigorously studied. Pyruvate causes gas, bloating, diarrhea, and borborygmus (rumbling noise in intestines resulting from gas) but has no serious adverse effects when taken at doses up to 30 g/day for as long as 6 weeks [ 200 , 201 , 203 ]. Pyruvate might also increase LDL levels and decrease HDL levels [ 201 , 202 ]. Additional research is needed to better understand the safety and possible side effects of this compound.
Raspberry ketone is the primary aroma compound found in red raspberries (Rubus idaeus), and it is added to some foods as a flavoring agent [ 16 , 204 ]. In vitro and animal studies suggest that raspberry ketone might help prevent weight gain by increasing fatty acid oxidation, suppressing lipid accumulation, and inhibiting pancreatic lipase activity [ 16 ]. Although it has been touted on the Internet and national television as an effective way to burn fat, little evidence exists to support this claim.
Efficacy: In mice fed a high-fat diet, raspberry ketone supplementation reduced food intake and body weight compared to the same diet without raspberry ketone [ 205 ].
Only one randomized controlled trial has examined the effects of a dietary supplement containing raspberry ketone on weight loss. In this trial, 70 men and women aged 21–45 who were overweight (BMI >27) received daily supplementation with either a placebo or a weight-loss product, Prograde Metabolism™ (METABO) [ 206 ]. This product contained 2,000 mg of a proprietary blend of raspberry ketone, caffeine, bitter orange, ginger, garlic, cayenne, L-theanine, and pepper extract along with B- vitamins and chromium. During the 8-week study, participants followed a calorie-restricted diet (approximately 500 calories less per day than estimated needs) and engaged in moderate exercise (60 minutes 3 days per week). Compared to the placebo group, those receiving METABO lost significantly more body weight (mean loss of 1.9 kg vs. 0.4 kg for placebo) and fat mass. However, 25 of the 70 participants dropped out of the study, and results were reported for only the 45 participants who completed the study (i.e., the authors did not complete an intention-to-treat analysis). Furthermore, the product contained many ingredients in addition to raspberry ketone, making it impossible to determine the effects of raspberry ketone alone.
Safety: Typical diets provide only a few mg of raspberry ketones a day. Doses contained in dietary supplements typically range from 100 to 1,400 mg, and the safety of such doses has never been evaluated in humans [ 204 ]. Participants in the METABO study described above had no serious adverse effects [ 206 ]. However, additional research on raspberry ketone is needed to better understand its safety and side effects.
Vitamin D, which is fat soluble, is present in a few foods, such as fatty fish, cheese, egg yolks, and vitamin D-fortified milk. It is also available in many dietary supplements, and humans synthesize it naturally when their skin is exposed to sunlight. Vitamin D promotes calcium absorption in the gastrointestinal tract and is needed for proper bone growth and remodeling [ 56 ].
Observational studies indicate that greater body weights are associated with lower vitamin D status, and individuals with obesity frequently have marginal or deficient circulating levels of vitamin D [ 207 ]. Although obesity does not affect the skin’s capacity to synthesize vitamin D, greater amounts of subcutaneous fat sequester more of the vitamin and alter its release into the circulation. Nevertheless, the association between vitamin D and obesity raises the question of whether increasing vitamin D concentrations might reduce body weight [ 207 , 208 ].
Efficacy: Despite the association between low vitamin D levels and obesity, scientific evidence does not support a cause-and-effect relationship. A systematic review and meta-analysis of 15 weight-loss intervention studies that used caloric restriction and/or exercise, but not necessarily vitamin D supplementation or other treatment, found that people who lost weight had a significantly greater increase in serum vitamin D concentrations than those who maintained their weight [ 208 ]. The authors commented that the cause of this finding might have been stored vitamin D in body fat and skeletal muscle that was released during weight loss. In another study, 400 IU/day vitamin D and 1,000 mg/day calcium supplementation slightly, but significantly, reduced weight gain compared to placebo in postmenopausal women, especially those with a baseline total calcium intake of less than 1,200 mg/day [ 209 ]. However, according to a meta-analysis of 12 vitamin D supplementation trials (including 5 in which body composition measurements were primary outcomes), vitamin D supplements without calorie restriction did not affect body weight or fat mass compared to placebo [ 210 ]. Overall, the available research suggests that consuming higher amounts of vitamin D or taking vitamin D supplements does not promote weight loss.
Safety: Vitamin D from both foods and dietary supplements is safe at recommended intakes of 600–800 IU/day for adults [ 56 ]. Vitamin D toxicity can cause anorexia, weight loss, polyuria, and heart arrhythmias. It can also raise calcium blood levels, which can cause vascular and tissue calcification. The UL for vitamin D is 4,000 IU/day for adults and children 9 aged years and older [ 56 ].
White kidney bean or bean pod (Phaseolus vulgaris) is a legume that is native to Mexico, Central America, and South America and is cultivated worldwide [ 140 ]. Phaseolus vulgaris extract is an ingredient in some weight-loss dietary supplements marketed as carbohydrate- or starch-absorption "blockers." Laboratory research indicates that Phaseolus vulgaris extract inhibits alpha-amylase activity, so experts have hypothesized that the plant interferes with the breakdown and absorption of carbohydrates in the gastrointestinal tract [ 16 , 211-214 ]. Phaseolus vulgaris might also act as an appetite suppressant [ 211 , 215 ].
Efficacy: The effect of Phaseolus vulgaris on weight loss and body fat has been examined in a few clinical trials, which had inconsistent results. In a randomized, double-blind, placebo-controlled trial in Italy, 60 women who were mildly overweight (mean BMI 26) and aged 20–45 followed a 2,000–2,200-calorie meal plan and took a tablet containing approximately 445 mg dried aqueous extract of Phaseolus vulgaris (Phase 2® Starch Neutralizer IV) or a placebo once daily before eating a carbohydrate-rich meal [ 216 ]. After 30 days, those receiving Phaseolus vulgaris extract lost significantly more weight (mean weight loss 2.93 kg) than those receiving placebo (mean weight loss 0.35 kg). Those in the Phaseolus vulgaris group also experienced a significantly greater reduction in fat mass, adipose tissue thickness, and waist–hip–thigh circumference. However, in a similar trial in the United States in 39 adults with obesity (mostly women, BMI 30–43) aged 20–69, those who consumed 1,500 mg Phase 2® starch neutralizer twice daily with lunch and dinner (total daily dose 3,000 mg) for 8 weeks with a high-fiber/low-fat diet did not experience significantly greater weight loss than those receiving a placebo [ 212 ].
The authors of a 2011 review of six trials (including the two trials described above) with a total of 247 participants concluded that 445 to 1,500 mg/day Phaseolus vulgaris for 4–13 weeks significantly reduced body fat (mean difference 1.86 kg compared to placebo) but did not significantly affect weight loss [ 211 ]. However, the authors noted that the quality of the trials included in their review was poor, making it impossible to draw firm conclusions.
After the publication of that review, a 12-week clinical trial in 123 men and women with overweight or obesity (BMI 25–35) showed that Phaseolus vulgaris modestly yet significantly reduced body weight and body fat [ 217 ]. Participants consumed either a placebo or 1,000 mg Phaseolus vulgaris (IQP-PV-101; marketed under the Phase 2®, Starchlite®, and Phaselite™ brands) three times per day before meals for a total daily dose of 3,000 mg while following a mildly hypocaloric diet (500 kcal/day less than basal energy needs). Compared to those taking placebo, those receiving Phaseolus vulgaris lost significantly more body weight (mean loss of 2.91 kg vs. 0.92 kg for placebo) and body fat (2.23 kg vs. 0.65 kg for placebo).
Safety: Reported adverse effects for Phaseolus vulgaris are minor and include headaches, soft stools, flatulence, and constipation [ 211 ]. No serious adverse effects of Phaseolus vulgaris have been reported in clinical trials, but no trials have lasted longer than 13 weeks.
Yohimbe (Pausinystalia yohimbe, Pausinystalia johimbe) is a West African evergreen tree. The tree’s bark contains several indole alkaloids, including yohimbine, which is the main active constituent of yohimbe [ 218 ]. Yohimbine has hyperadrenergic physiological effects because it acts as an alpha-2 receptor antagonist [ 6 , 219 ]. Yohimbe extract is an ingredient in some dietary supplements that are promoted for libido enhancement, body building, and weight loss [ 218 ], but it is used primarily as a traditional remedy for sexual dysfunction in men.
Efficacy: Very little research has been conducted on the use of yohimbe for weight loss and/or its effect on body mass. In a small clinical trial, 5 mg yohimbine taken four times/day resulted in greater weight loss (mean weight loss 3.55 kg) than placebo (mean weight loss 2.21 kg) in 20 females with obesity (mean BMI 40 for placebo group and 43 for yohimbine group) who followed a low-energy diet (1,000 kcal/day) for 3 weeks [ 220 ]. However, in another clinical trial in 47 men (weighing >20% more than ideal body weight), high-dose yohimbine (peak dose 43 mg/day) for 6 months had no effect on body weight or body fat compared with placebo [ 221 ]. The authors of a 2011 review of yohimbe concluded that no conclusive evidence indicates that yohimbe affects body weight or body mass [ 219 ]. The author of a 2010 review of yohimbe reached similar conclusions, noting that results from small human trials of yohimbine for weight loss are contradictory and the evidence base is insufficient to support a weight loss claim for this compound [ 218 ].
Safety: Yohimbe can be dangerous. Taking 20 to 40 mg of yohimbine has been reported to increase blood pressure slightly, whereas doses of 200 mg or higher can cause headaches, hypertension, anxiety, agitation, tachycardia, myocardial infarction, cardiac failure, and death [ 43 , 177 , 218 , 219 , 222 ]. According to an analysis of calls to the California Poison Control System in 2006, 18% of calls reporting an adverse effect or toxicity potentially caused by dietary supplements involved products containing yohimbe [ 55 ]. More recently, dietary supplements containing yohimbe accounted for 1,818 self-reports to U.S. poison control centers between 2000 and 2012 [ 223 ]. Of these, 30% caused adverse effects deemed “moderate or major,” 3.2% required admission to a critical care unit, and one led to a death. Although yohimbe is generally well tolerated at low doses [ 219 ], no safe dose has been established for it.
A 2015 analysis determined that only 22% of 49 dietary supplements containing yohimbe or yohimbine listed the quantity of yohimbine on the product label [ 224 ]. Many of these amounts were not accurate, and the actual content of yohimbine ranged from 23% to 147% of the labeled amount.
Ephedra (also known as má huáng), a plant native to China, is the common name for three main species: Ephedra sinica, Ephedra equisentina, and Ephedra intermedia [ 226 ]. The active compounds, which are in the plant's stem and account for about 1.32% of the plant’s weight, are the alkaloids ephedrine, pseudoephedrine, norephedrine, and norpseudoephedrine [ 227 , 228 ].
In the 1990s, ephedra—frequently combined with caffeine—was a popular ingredient in dietary supplements sold for weight loss and to enhance athletic performance. The FDA no longer permits the use of ephedra in dietary supplements because of safety concerns that are detailed below, but information is provided here in response to continued interest in this ingredient.
Efficacy: Ephedrine acts as a stimulant in the central nervous system [ 229 , 230 ], and it might increase thermogenesis and act as an appetite suppressant [ 231 ]. The authors of a meta- analysis that included 20 clinical trials concluded that ephedrine and ephedra are modestly effective for short-term weight loss (6 months or less), but no studies have assessed their long-term effects [ 232 ].
Safety: While ephedra was available as a dietary supplement ingredient in the United States, its use with or without caffeine was associated with numerous reported adverse effects, including nausea, vomiting, psychiatric symptoms (such as anxiety and mood change), hypertension, palpitations, stroke, seizures, heart attack, and death [ 232 , 233 ]. Although these reported adverse effects could not be linked with certainty to the use of ephedra-containing dietary supplements, the FDA deemed the safety concerns serious enough to prohibit the sale of dietary supplements containing ephedrine alkaloids in 2004 [ 234 ]. As a result of this ruling, manufacturers are no longer permitted to sell dietary supplements containing ephedrine alkaloids in the United States.
Like all dietary supplements, weight-loss supplements can have side effects and might interact with prescription and over-the-counter medications. In some cases, the active constituents of botanical or other ingredients promoted for weight loss are unknown or uncharacterized [ 29 ]. Furthermore, many weight-loss supplements contain multiple ingredients that have not been adequately tested in combination with one another.
Pittler and Ernst noted that for ingredients lacking convincing evidence of effectiveness, "even minor adverse events shift the delicate risk-benefits balance against their use" [ 6 ]. People need to talk with their healthcare providers about the use of weight-loss dietary supplements to understand what is known—and not known—about these products.
The FDA and FTC warn consumers to beware of fraudulent claims about weight-loss dietary supplements [ 235 , 236 ]. Messages like “lose weight without dieting or exercising” and “to lose weight, all you have to do is take this pill” that sound too good to be true usually are. At best, products with claims like these do not live up to them, and even worse, they could be dangerous.
Weight-loss products marketed as dietary supplements are sometimes adulterated or tainted with prescription-drug ingredients; controlled substances; or untested/unstudied, pharmaceutically active ingredients that could be harmful [ 237 ].
Between January 2004 and December 2012, 237 dietary supplements were subject to a Class I recall by the FDA, indicating a reasonable probability that use of or exposure to these products would cause serious adverse health consequences. Of these products, 27% were weight-loss dietary supplements [ 238 ]. In most cases, the recall was due to the presence of undeclared drug ingredients. In 2016, the FDA issued 36 public notifications warning consumers not to purchase specific weight-loss products because they contained a hidden drug ingredient—often sibutramine, a weight-loss medication that was withdrawn from the U.S. market in 2010 because of safety concerns [ 237 ]. A product represented as a dietary supplement that contains one or more drug ingredients, whether or not these ingredients are declared on the label, is considered an unapproved drug and is therefore subject to enforcement action by the FDA. The FDA maintains a webpage.
Some ingredients in weight-loss dietary supplements can interact with certain medications. For example, glucomannan and guar gum might decrease the absorption of many drugs that are taken orally [ 147 , 179 ]. Glucomannan has been reported to lower blood glucose levels [ 139 ] and, therefore, could interact with diabetes medications [ 147 ]. Chitosan might potentiate the anticoagulant effects of warfarin [ 239 ]. Green tea could interact with chemotherapy drugs [ 240 , 241 ]. Garcinia cambogia was associated with serotonin toxicity in a patient taking the supplement together with two selective serotonin reuptake inhibitor medications [ 242 ]. Other ingredients, such as caffeine and bitter orange, could have an additive effect if taken with other stimulants. Bitter orange has also been shown to inhibit CYP3A4 activity, leading to increased blood levels of certain drugs, such as cyclosporine and saquinavir [ 43 ].
These are just a few examples of interactions between ingredients of weight-loss dietary supplements and medications. Individuals taking dietary supplements and medications on a regular basis should discuss their use with their healthcare provider.
As this fact sheet shows, the evidence supporting the use of dietary supplements to reduce body weight and stimulate weight loss is inconclusive and unconvincing, and the cost of these products can be considerable [ 6 , 14 , 29 , 41 ]. The best way to lose weight and keep it off is to follow a sensible approach that incorporates a healthy eating plan, reduced caloric intake, and moderate physical activity under the guidance of a heath care provider. For some individuals with a high BMI who have additional health risks, physicians may prescribe adjunctive treatments, including FDA- approved prescription medications or bariatric surgery, in addition to lifestyle modifications [ 7 ]. Lifestyle changes that promote weight loss might also improve mood and energy levels and lower the risk of heart disease, diabetes, and some cancers [ 5 ].
The Weight Management webpage from the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health, provides several helpful publications on weight control, obesity, physical activity, and related nutritional issues.
The federal government's 2020-2025 Dietary Guidelines for Americans notes that "Because foods provide an array of nutrients and other components that have benefits for health, nutritional needs should be met primarily through foods. ... In some cases, fortified foods and dietary supplements are useful when it is not possible otherwise to meet needs for one or more nutrients (e.g., during specific life stages such as pregnancy).".
and the U.S. Department of Agriculture's MyPlate.
Includes a variety of vegetables; fruits; grains (at least half whole grains); fat-free and low-fat milk, yogurt, and cheese; and oils.
Includes a variety of protein foods such as lean meats; poultry; eggs; seafood; beans, peas, and lentils; nuts and seeds; and soy products.
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This fact sheet by the Office of Dietary Supplements (ODS) provides information that should not take the place of medical advice. We encourage you to talk to your healthcare providers (doctor, registered dietitian, pharmacist, etc.) about your interest in, questions about, or use of dietary supplements and what may be best for your overall health. Any mention in this publication of a specific product or service, or recommendation from an organization or professional society, does not represent an endorsement by ODS of that product, service, or expert advice.

**9.** <https://www.dallasnews.com/branded-content/2022/09/27/best-weight-loss-pills-top-6-diet-pill-supplements-for-fat-loss/>

Branded Post — What’s this?
By Norcal Marketing.
Burning fat and losing weight can be a real struggle, especially as we get older and our metabolism slows down more with each passing year. With food temptations everywhere we look, sticking with a healthy diet can also be a real challenge.
Luckily, there are a variety of weight loss pills on the market that can help. The best weight loss pills contain natural ingredients that can help you burn fat, suppress appetite, increase energy, and boost metabolism.
Unfortunately though, not all diet pills are created equal. While some weight loss pills contain proven ingredients and have thousands of positive reviews, others don’t have the right dosage or combination of ingredients to be as effective as they claim.
To help you find a weight loss pill that actually works, we’ve reviewed the top diet pills on the market. We evaluated over 20 of the most popular weight loss supplements on a variety of factors including ingredients, dosage, effectiveness, user reviews, and price.
After countless hours of research, we’ve narrowed down our search to five weight loss pills that work the best. Without further ado, here are our top picks for the best weight loss pills of 2022.
#1. PhenQ : Best Weight Loss Pills for Fast Results Overall.
PhenQ is our choice for the best weight loss pill of 2022. PhenQ is an effective weight loss supplement that targets 5 areas of metabolic health to help shed fat, reduce cravings, and support natural energy levels.
PhenQ is a popular and effective weight loss supplement from the well-established Wolfson Brands (UK) Limited, which has been in the industry for over ten years.
For people struggling to lose weight and stubborn body fat, PhenQ is one of the best diet pills on the market. It’s so effective because it contains an ingredient called α-Lacys Reset, a combination of alpha-lipoic acid, cysteine, and magnesium that can help you burn fat and lose weight. PhenQ is also a thermogenic fat burner that aids your weight loss in five different ways:.
Burns Stubborn Fat - PhenQ helps burn stored fat using thermogenic ingredients such as α-Lacys Reset and capsimax powder. These powerful thermogenic compounds help you burn more calories per day, even while sleeping or resting!
Stabilizes Mood - PhenQ supports cognitive function and balances your mood to combat the mental fatigue that often accompanies dieting.
Limits Fat Production - PhenQ includes effective weight loss ingredients that may reduce the body’s ability to store new fat cells.
Curbs Cravings - PhenQ improves your body’s insulin sensitivity to knock out those cravings for carbs and sweets. It’s also an effective appetite suppressant.
Formula and Ingredients.
Cellulose (capsule).
How effective is PhenQ? Scientists who performed a study of α-Lacys Reset found that the people who took the ingredient had significant weight loss compared to those who received a placebo pill that didn’t contain α-Lacys Reset. Here are the results:.
Who Is This Product Best for?
PhenQ is the best weight loss pill for anyone that’s struggling to lose weight with diet and exercise alone. PhenQ is a well-rounded diet pill that attacks weight loss from multiple angles, making it a great option for men and women alike.
Best weight loss pills on the market.
Helps reduce fat accumulation for a slimmer body.
Crushes cravings, making it easier to stick to any diet plan.
60-day money back guarantee.
#2. Phen24 : Great Diet Supplement for 24-Hour Fat Burning.
Phen24 is a safe and effective weight loss system that combines a daytime and nighttime diet supplement for 24-hour fat burning. The daytime formula works by kickstarting your metabolism in the morning and keeping it going strong all day long. The nighttime formula contains thermogenic ingredients that help you burn fat while you sleep, as well as appetite suppressants that help you resist late night hunger cravings.
How Does Phen24 Work?
Burn Fat 24/7 - Phen24 contains all-natural ingredients that support the fat burning process. These fat burners help your body burn more calories per day, even while at rest.
Reduce Cravings - Hunger cravings and late night snacking are the biggest detriments to any weight loss plan. Phen24 helps you resist cravings using all-natural appetite suppressing ingredients, so you can stay on track.
Improve Energy - One of the hardest parts about dieting is the lack of energy that comes with a calorie restricted diet. Phen24 helps convert your stored fat into energy, so you can power through your day.
Formula and Ingredients.
Here are the main ingredients in Phen24 daytime formula:.
L-Phenylalanine - This amino acid helps support normal dopamine levels, which helps boost your mood while dieting.
Guarana - A South American plant that may help reduce obesity.
Cayenne - Helps speed up your body’s metabolism, allowing you to burn fat 24/7.
Caffeine - A natural thermogenic ingredient boosts your metabolism and helps you burn more calories per day, even while resting!
Here’s the main ingredients inside the Phen24 nighttime formula:.
Glucomannan - A type of fiber that suppresses your appetite and helps you feel fuller between meals, making it easier to resist late night snacks.
Griffonia - A type of seed that helps produce serotonin, a neurotransmitter that helps you feel satisfied after eating.
Choline Bitartrate - This nutrient has been clinically proven to reduce leptin, also referred to as The Hunger Hormone.
Hops - It’s believed to help with sleep and to offset daytime caffeine usage. Some research also shows it might have anti-obesity effects.
Phen24 comes with a 60-day money-back guarantee. This means that if you’re not thrilled with your weight loss results from Phen24, simply return your bottles within 60 days for a full refund. This guarantee helps you purchase Phen24 with absolute confidence.
Each box of Phen24 comes with enough pills for a 30-day supply. It’s recommended that you take Phen24 Day formula each morning with breakfast, and the nighttime formula 15 minutes before your evening meal.
Phen24 offers generous discounts when buying more than 1 box. If you buy 2 boxes, you’ll get 1 box free. If you buy 3 boxes, you’ll get 2 boxes free. All orders come with free shipping and a variety of payment options.
Overall, Phen24 is one of the best weight loss pills on the market. Combining a daytime and nighttime formula is a well-rounded approach that attacks weight loss from multiple angles.
#3. PrimeShred : Top Recommended Fat Burner for Men.
PrimeShred is the best weight loss supplement on our list for men, although bodybuilders and weight lifters will particularly enjoy its benefits. The manufacturers of PrimeShred, Muscle Club Limited, have a good reputation and many satisfied customers who have tried their dietary supplements and experienced great results.
PrimeShred works in three different ways to help you lose weight and burn fat while still providing your body with the fuel to build muscle. Here are the three primary ways these weight loss pills work. They:.
If you didn’t know, lipolysis is the process of your body breaking down fat and using it for energy. PrimeShred activates the fat-burning hormones and enzymes that trigger lipolysis, helping you to eliminate stubborn fat. It also contains capsaicin, a natural fat burner that can help you target stubborn belly fat by activating hormones in your abdominal area.
2. Speed Up Fat Loss.
PrimeShred also helps people lose weight fast by increasing the body’s metabolic rate. Even if you’re at rest, you can still burn fat for energy if your metabolism is high enough. Plus, it helps your body turn your daily calorie intake directly into energy rather than storing the calories as fat cells.
3. Boost Energy and Strengthens Focus.
If you’ve ever gone on a low-cal diet, you know that it can make you feel exhausted both physically and mentally. PrimeShred combats those feelings of fatigue, providing you with an energy boost and premium nootropics for increased focus and mental clarity.
In addition, PrimeShred has ingredients that reduce stress while elevating and enhancing your mood. Losing weight can be difficult, and having that extra mental clarity will help you think logically about making healthy lifestyle choices rather than being ruled by your emotions.
Formula and Ingredients.
PrimeShred is one of the best weight loss supplements due to its exclusive formula, containing all-natural ingredients that promote fat burning 24/7. Here is the list of the ingredients you’ll find in PrimeShred:.
Who Is This Product Best For?
PrimeShred is the best weight loss pill for men that want to shred fat, get lean, and transform their body. It’s a great fat burner if you want to break through frustrating plateaus and strip off those last pounds of stubborn fat.
Best weight loss pills for men.
Burn stubborn fat without losing energy or muscle mass.
#4. Leanbean : Most Effective Diet Pills for Women.
Leanbean is the best thermogenic fat burner on our list for women and is from the bright minds at Ultimate Life, LTD, in the U.K.
How Does Leanbean Work?
Leanbean uses a combination of low-stimulant alternatives, thermogenic ingredients, and dietary fiber to provide weight loss benefits for women. Studies have shown compelling evidence that women have more trouble than men at avoiding the temptation of hunger cravings. In light of this, manufacturers of this diet pill created it to work with women’s metabolisms as it acts as an appetite suppressant. You should combine Leanbean with a low-fat diet and regular exercise for the best possible results.
Here’s a deeper explanation of how Leanbean helps you lose excess weight and burn stubborn body fat. This product:.
Leanbean protects against fatigue-inducing deficiencies with an exclusive vitamin complex. It also provides a clean energy boost to help you power through your day and your most strenuous workouts.
2. Reduces Food Cravings.
Leanbean is a highly effective appetite suppressant, using the dietary fiber glucomannan to keep you feeling full between meals. In addition, this helps you reduce your calorie intake to prevent weight gain and help you lose weight faster.
3. Supports Normal Fat Metabolism.
As a thermogenic fat burner, Leanbean supports a normal fat metabolism, helping your body break down fat rather than storing it.
Formula and Ingredients.
Leanbean is one of the best all-natural diet pills for women because its formula contains clinically proven ingredients for weight loss. So if you’re having trouble reaching your fitness goals concerning fat loss and overall health, Leanbean can be the extra oomph you need to break past those plateaus.
Are you curious about the exact ingredients in Leanbean? Here’s what you’ll find in this fat burner for women:.
Who Is This Product Best for?
Leanbean is the best weight loss supplement for women that want to burn fat, suppress appetite, and boost energy levels. With a 3,000 mg dose of glucomannan, Leanbean should help you feel fuller for longer and make it easier to reduce your calorie intake.
Natural weight loss pills for women.
Helps curb appetite and reduces cravings.
Money-back guarantee.
Effective weight loss pill for boosting metabolism naturally.
#5. PhenGold : Number One Appetite Suppressant on the Market.
Swiss Research Labs Ltd. is the manufacturer of PhenGold, another popular weight loss pill that features clinically proven ingredients and a maximum strength formula. PhenGold is the best prescription weight loss pill alternative on the market.
PhenGold is a weight loss pill with a dedicated customer base of satisfied users that have experienced great results by combining this supplement with exercise and a healthy diet. The ingredients in PhenGold have clinical research backing up their effectiveness regarding weight loss, which is why this fat burner is so popular: it works. The manufacturers used a comprehensive approach to help you lose weight by targeting the main contributors to weight gain.
PhenGold weight loss pills work with caffeine and capsaicin acting as natural appetite suppressants, stopping those pesky snack attacks and hunger cravings right in their tracks. In addition, the formula contains natural mood boosters to reduce stress levels and curtail emotional eating.
2. Activates Fat-Burning Hormones.
Your body contains specific hormones that break down and burn fat. PhenGold’s ingredients activate these hormones, increasing the fat-burning process within your body for the best possible results.
3. Increases Your Metabolic Rate.
PhenGold is an effective metabolism booster that increases the speed at which your body burns fat and calories. Even when you’re at rest, the formula burns calories using carbohydrates for energy instead of storing them for fat.
4. Improves Motivation and Mood.
These diet pills are full of all-natural mood enhancers, helping you stay motivated and feel good about yourself while you embark on your weight loss journey.
5. Boosts Energy and Focus.
Everyday life can leave you feeling fatigued, and dieting can make it even worse. Luckily, PhenGold gives you a natural energy boost from green coffee and green tea extract throughout the day.
Formula and Ingredients.
The ingredients in PhenGold make it one of the best all-natural diet pills on today’s market. The formula is full of scientifically proven ingredients to help you lose weight and accomplish your fitness goals more quickly.
Key Features.
The manufacturers of PhenGold offer some great selling points for these popular weight loss pills. Here’s a list of the key features of PhenGold:.
Who Is This Product Best for?
PhenGold is a highly effective appetite suppressant, making it an ideal choice for people that struggle with food cravings. It also has caffeine and other mood-enhancing ingredients, which is perfect for anyone that needs a little extra kick to get through the day.
#6. Instant Knockout : Natural Supplement for Men to Lose Weight Quick.
Instant Knockout is an effective weight loss pill that was originally created for MMA fighters and professional boxers to cut excess pounds before a big fight. Instant Knockout is now available to the general public for anyone that wants to get a shredded physique.
How Does Instant Knockout Work?
The manufacturers of Instant Knockout collaborated with legendary MMA coach Greg Jackson to develop this premium fat-burning system that will help you lose weight and build lean muscle mass. The Instant Knockout system emphasizes the four cornerstones of weight loss:.
Well-balanced diet.
How does Instant Knockout work to help you achieve rapid fat loss? Instant Knockout triggers thermogenesis to help you eliminate stubborn belly fat and build muscle mass at the same time. Here are the advertised benefits of taking this effective weight loss pill:.
1. Increased Metabolism.
Instant Knockout increases your body’s metabolic rate, allowing you to burn excess fat even when you’re not actively working out.
2. Sustained Energy Boost.
The ingredients in Instant Knockout provide your body with a sustained boost of clean energy all day long, even during high-intensity workouts.
3. Curbs Hunger Cravings.
Instant Knockout uses one of the most effective ingredients for weight loss pills that double as appetite suppressants: glucomannan. The dietary fiber expands in your stomach, keeping you full between meals and eliminating midday hunger cravings.
Formula and Ingredients.
If you have some lofty health and fitness goals, then Instant Knockout is the weight loss pill to help you achieve them. It’s one of the best diet pills to boost metabolism and help your body burn excess fat without losing any muscle mass. Here are the ingredients you’ll find in Instant Knockout Cut:.
Key Features.
Instant Knockout is one of the best diet pills to help you kickstart your metabolism and incinerate stubborn belly fat. It’s been in continuous development for over ten years, making it one of the most effective diet supplements and appetite suppressants on today’s market.
Who Is This Product Best for?
Instant Knockout is the best fat burner for men that want to lose weight while keeping muscle. This powerful weight loss pill revs up your body’s metabolism so that you can burn fat 24 hours a day, even while sleeping. Instant Knockout is a great option for athletes, professional fighters, and gym goers.
Click Here for the Lowest Price on Instant Knockout.
The diet pill industry in the U.S. is booming. With such a large selection to choose from, finding the right type of weight loss pill to suit your needs can seem overwhelming. This review used numerous ranking factors to ensure that we chose the best weight loss pills that would be safe, effective, and contain natural ingredients.
Formula and Dosage.
Two of the most critical ranking factors we looked at were formula and dosages. The most effective weight loss pills include clinically proven ingredients, with research and studies backing up their fat-burning and weight loss properties.
Finding the correct dosage is essential for two obvious reasons. First, taking a diet pill without enough of the most effective ingredients may not provide you with the results you want. Second, taking a diet pill with a dosage over the maximum may cause side effects, especially if it contains caffeine.
People with sensitivities to stimulants may find themselves with a case of the jitters or high blood pressure spikes. As you can see, formula and dosages are extremely important when choosing weight loss supplements.
Safety.
When we researched the best weight loss pills, we also looked at the safety of each formula. In the world of diet pills, there have been numerous ingredients banned by the FDA as being hazardous to your health:.
Clenbuterol (Clen Fat Burner).
None of the weight loss pills in this review contained any harmful or banned substances. The ingredients in these five supplements will not cause adverse side effects as long as you use them correctly and follow the dosage recommendations.
Reviews.
Customer reviews were another crucial ranking factor we used while researching the five best weight loss supplements in 2022. Reading reviews from real-life customers provides excellent insight into the product’s effectiveness and whether it works the way its manufacturers claim.
Don’t just look on the website for reviews, either. If you’re researching fat-burning supplements, check sites like Google, the Better Business Bureau, and popular e-commerce platforms. If you find an overwhelming number of unhappy customers, you may want to purchase a different type of weight loss pill.
Price per Serving.
The best weight loss supplements can be expensive, but remember: The results are worth it. However, that doesn’t mean that you can’t find ways to save money on your order. For example, all of the diet pills in this review offered bulk-buy discounts for multiple bottles. Some websites also featured limited-time discount codes, allowing you to take advantage of promos like free shipping or 10% off.
Things to Look for in the Top Weight Loss Supplements.
Money-Back Guarantee.
Before you purchase any diet pills, be sure to research the manufacturer’s refund policy and guarantee. A guarantee lets you buy with confidence, knowing that you have recourse if you aren’t satisfied with the results.
Of the five most popular weight loss supplements we reviewed, every one of them had a guarantee. However, PhenGold and PrimeShred provided the most extended guarantee, a 100-day money-back guarantee, while the other weight loss pills in this review offered a 60-day guarantee.
One quick note: Before you purchase a weight loss supplement, be sure to read the fine print on the guarantee. Most weight loss pills take a few months to produce maximum results. In light of this, many manufacturers only guarantee orders of two or more bottles. It makes sense, but just remember that you may not be eligible for the guarantee if you only purchase one bottle.
Finding effective weight loss pills with natural ingredients is easier said than done. In a world where everything is plastic, and our food is full of genetically modified ingredients and preservatives, finding diet pills with all-natural ingredients is essential.
Avoid products with cheap “fillers” that don’t add any benefits to your weight loss goals. If you’re not sure what the name of an ingredient is, search on Google and find out what it is. You have a world of resources at your fingertips, so be sure to use it to your advantage and find the best, all-natural supplements to help you lose weight fast.
The best weight loss pills will have clean labels. Have you ever seen or heard the phrase “proprietary blend”? In the world of weight loss supplements , manufacturers can use the term “proprietary blend” to mask the actual dosage levels of each ingredient. Essentially, it allows unethical manufacturers to use formulas with only trace amounts of the most expensive or effective weight loss ingredient and still legally be able to claim that their product contains those ingredients.
While that claim may be valid, it likely won’t contain enough of the ingredient to help you burn fat. So what’s the main takeaway here? The best weight loss pills have clean labels that clearly state the ingredients and dosage levels and don’t use proprietary blends.
Discounts for Multiple Bottles.
Losing weight with the help of a dietary supplement doesn’t have to bust your budget. While the best and most effective weight loss supplements tend to be pricey, it’s because they work. Luckily, though, most manufacturers offer customers bulk-buy discounts on orders of multiple bottles.
When it comes down to it, buying in bulk is the most cost-effective way to shop for weight loss pills. Remember, you need to continue taking diet pills to maintain the effects, so saving up and purchasing multiple bottles at once makes more sense. In addition, some manufacturers also offer a discount on auto-deliveries. It may only be 5% or 10%, but every little bit adds up.
Understanding the Different Types of Weight Loss Pills.
As a consumer, you should take the time to understand the different types of weight loss pills and how they work before making any purchases. Why shouldn’t you be well-informed? Read on for a breakdown of the most common types of weight loss supplements and how they work.
Saying that losing weight is difficult is the understatement of the century. One of the toughest challenges of any weight loss program is burning more calories than you eat each day, especially if you frequently experience hunger cravings. Fortunately, an appetite suppressant can make it much easier to avoid the temptation of a snack attack or midday food cravings.
Most weight loss pills that suppress your appetite work through the help of dietary fibers. For example, glucomannan is a popular choice in many weight loss supplements. When you consume glucomannan, the fiber expands and swells in your stomach to keep you feeling full. Ultimately, it makes it much easier to resist those snack attacks and cravings that can ruin your diet.
Perhaps the most common types of weight loss pills are thermogenic fat burners. During thermogenesis, your body generates heat, boosting your metabolism and supporting the oxidation of fat cells. When you take a thermogenic fat burner , your body heats up faster, increasing your metabolic rate. The increase helps your body burn more calories and use fat for energy. Some of the most effective thermogenic ingredients include cayenne pepper, caffeine, and α-Lacys Reset.
Carb blockers limit the enzymes your body needs to digest and process complex carbohydrates. Essentially, they cause complex carbs to bypass your stomach and go straight to the body’s large intestine instead of contributing to your daily calorie intake. While carb blockers sound highly effective, most only provide modest weight loss. However, you can get better results by limiting your carbohydrate intake and combining your weight loss supplement with diet and exercise.
Fat Blockers.
Fat blockers limit the calories and dietary fat your body absorbs each day. However, fat blockers work in different ways. For example, many prescription weight loss drugs that are fat blockers (like Orlistat) limit the amount of fat your body can absorb by interfering with lipase, a fat-digesting enzyme. Fat binders work similarly but instead bond with the fat cells to create a compound that your body cannot digest.
Certain weight loss ingredients are more effective than others. This section will summarize the most common ingredients in dietary supplements that can help you lose weight and burn fat.
Garcinia Cambogia Extract.
The first ingredient on our list is Garcinia cambogia extract, a type of fruit native to Indonesia. Why is it so effective at promoting weight loss? This fruit may be small, but it packs a big punch because it contains hydroxy citric acid (HCA).
Research has shown that HCA works by blocking an enzyme called ATP citrate lyase, which kickstarts fat production. In addition, Garcinia cambogia can also help you lose body weight by curbing hunger cravings and increasing your serotonin levels, making it easier to resist the temptation to snack.
Raspberry ketones are the substance that gives red raspberries their sweet, fragrant aroma. You can also find them in other fruits, such as kiwis, cranberries, and blackberries. However, the number of raspberry ketones in natural fruits is minimal. For example, you would need 90 pounds of raspberries to get one dose of ketones. So, when you see weight loss pills that contain raspberry ketones, the ingredient likely does not come from a natural source.
Raspberry ketones may still help you lose weight. Studies have shown that raspberry ketones can boost metabolism and increase fat breakdown in mice and rats. However, few studies exist regarding their effectiveness in human weight loss.
Green coffee bean extract is another common ingredient that you’ll find in many of the most popular weight loss pills on today’s market. Green coffee beans contain caffeine and chlorogenic acid, which research has shown to be effective at helping people lose weight.
Caffeine triggers thermogenesis, which is the process of your body burning fat for energy. While green coffee beans do contain caffeine, it’s in much lower amounts than a cup of coffee. In addition, caffeine can also help you lose belly fat by minimizing your stomach’s ability to absorb glucose.
If you’re in the process of losing weight, taking glucomannan can be highly beneficial. Glucomannan is a water-soluble dietary fiber found in konjac root, the elephant yam. Essentially, this dietary fiber expands in your stomach, filling it up and making you feel full during the day. It can also delay the process of stomach emptying, which makes you feel fuller for longer.
Finally, glucomannan is an effective appetite suppressant that reduces your stomach’s ability to absorb fat. This dietary fiber works best when you take it with water, as it helps it expand more in your stomach.
Burning fat and losing weight become much easier when you take a weight loss pill that contains green tea extract. Green tea contains antioxidants like catechins, which boost metabolism, causing your body to burn fat and calories for energy. In addition, studies have shown that green tea extract works as an effective appetite suppressant, helping you curb cravings and stay on track with your healthy diet.
CLA, or conjugated linoleic acid, is a healthy trans fat that you can commonly find in meat and dairy products like cheese or butter. While you may think that consuming a fatty acid is counterintuitive to weight loss, research shows that CLA can help both humans and animals lose weight. It can also help boost your metabolism, suppress your appetite, and aid in fat loss.
Frequently Asked Questions About Weight Loss Pills.
Who should consider prescription weight loss drugs?
Have you been spending hours in the gym, eating a healthy diet, and living an active lifestyle, but still struggle to lose weight or get rid of stubborn fat? Is your BMI (body mass index) over 30? If so, then prescription weight loss medication may be the right option.
In addition, prescription medications are suitable for people who may find that diet and exercise worsen other health issues, such as diabetes or high blood pressure. Currently, the FDA has only approved four options for a prescription weight loss pill. Those options include:.
Phentermine-topiramate (Osymia).
Studies have shown that taking prescription weight loss pills and making lifestyle changes can help you lose about 3% to 12% more body weight than if you just made lifestyle changes. However, please remember that everybody is different, and your results using a weight loss drug may vary. You may want to try over-the-counter weight loss pills first, like the ones we reviewed in this post.
What is the best weight loss pill to lose belly fat?
Is anything worse than trying to eliminate those last few pounds of stubborn belly fat? Stomach fat can be challenging to get rid of but not impossible.
PhenQ is the best choice on our list for burning fat in your abdominal area. The formula contains a special ingredient called α-Lacys Reset, a compound with scientific research proving its effectiveness regarding weight loss. Referencing the scientific study we discussed earlier, people taking α-Lacys Reset saw impressive results:.
Do diet pills have any side effects?
As long as you follow the recommended instructions regarding weight loss pills and dosages, you shouldn’t experience any side effects, especially if you’re taking an all-natural formula. We also recommend purchasing your weight loss pills from a reputable manufacturer and reading customer reviews to find which brands provide the best results.
One quick reminder: Before taking a belly fat reducer , you should always consult with your physician to ensure that they are safe and healthy for you to take. For example, weight loss pills may interfere with certain prescription medications. Therefore, you should always seek a professional opinion before starting any supplement regimen, whether for weight loss, hair loss, or another health issue.
No. However, technically, weight loss pills are dietary supplements, not drugs, so they do not require FDA approval. However, that doesn’t mean that they aren’t safe or effective. We recommend looking for manufacturers that use FDA-registered facilities that follow GMP, or good manufacturing practices.
Weight loss supplements may not require FDA approval, but you can still check customer reviews, the Better Business Bureau, etc., to ensure that the manufacturer is reputable and the product provides effective results.
How much do over-the-counter weight loss pills cost?
We can’t give an exact estimate as to how much weight loss pills cost because every manufacturer charges a different price. The cost will vary based on the brand, type of pill, dosages and ingredients, etc.
Fortunately, you have plenty of options for saving money on your order. Look for brands that offer a discount for purchasing multiple bottles or free shipping. Also, check the official website for any pop-ups or banners that offer limited-time promo codes, which are another great way to save money on your next purchase of weight loss pills.
How long does it take for diet supplements to work?
As with any medication or supplement, the type of results you experience will vary based on your body weight, body type, etc. However, most people find that they need to take diet pills for at least four to eight weeks (one to two months) to get the best results.
In addition, you’ll find that taking a diet pill by itself may not provide the best effects. Instead, combine your new diet pill supplement with a regular exercise program, a healthy, well-balanced diet, and positive lifestyle choices to get maximum results.
What is the best weight loss pill for women?
Women have a very different metabolism than men, and research shows they may have a more difficult time resisting the hunger cravings and snacking that leads to weight gain. Of the five weight loss pills in this review, Leanbean is the best choice for women who want to lose weight.
It’s a popular diet pill that’s an effective appetite suppressant and offers a way to lose weight without harsh stimulants. The manufacturers developed Leanbean to work specifically for women, and this supplement provides a clean energy boost and appetite suppression to help you resist those mid-day snack cravings.
The best weight loss pills from reputable manufacturers offer a money-back guarantee. If you’re going to take a weight loss supplement, we recommend looking for one that provides a guarantee or refund policy. When manufacturers offer a satisfaction guarantee, it shows they back up the quality and effectiveness of their product. In addition, it gives you some recourse to get your money back if you purchase a product and are dissatisfied with the results.
Can you buy weight loss products over the counter at stores like GNC?
Many health and wellness stores (like GNC) offer weight loss pills and dietary supplements. However, these stores often sell products that don’t have the proper dosages, which can be hazardous. When taking a weight loss pill, you want to be sure that you always take the recommended dosages.
Taking too little won’t produce results, and taking too much could cause adverse side effects, like a racing pulse or nausea. Check the ingredients in a weight loss supplement before taking it, and consult with your doctor first, particularly if you’re taking any prescription meds.
Final Thoughts.
Whether you’re already working hard to make better lifestyle choices or have just begun your weight loss journey, adding a dietary supplement to your health and fitness regimen can provide some excellent benefits. To find the best weight loss pills, look for all-natural formulas, a money-back guarantee, and scientific studies that prove the ingredients are effective.
Each of the popular weight loss supplements in this review can help you burn fat, lose weight, and reach your fitness goals faster. Get ready to put in the work, and we promise that the confidence and results you’ll gain will be worth the effort.
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Al Día - Noticias en Español.
Real. Local. Journalism.
Police identify suspect in Methodist Dallas hospital shooting that left 2 dead.

**10.** <https://www.insider.com/guides/health/diet-nutrition/weight-loss-supplements>

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A white circle with a black border surrounding a chevron pointing up. It indicates 'click here to go back to the top of the page.'.
Health.
Download the app.
This article was medically reviewed by Samantha Cassetty , MS, RD, a nutrition and wellness expert with a private practice based in New York City.
Our stories are reviewed by medical professionals to ensure you get the most accurate and useful information about your health and wellness. For more information, visit our medical review board.
Common weight loss supplements like green tea extract and caffeine may help you lose some weight.
Most dietary supplements work by curbing appetite, boosting metabolism, or facilitatating fat burn.
These days, you may find yourself inundated with advertisements for products that promise to help you lose weight . .
These weight loss supplements often contain plant-based extracts that are purported to help control your appetite, boost your metabolism, or facilitate fat burning. And they're extremely popular.
The global market for weight loss products and services hit $254.9 billion in 2021, and it's estimated to reach $377.3 billion by 2026. .
With an ever-increasing variety of weight loss supplements out there, it's next to impossible to research them all to evaluate the pros and cons and determine which — if any — might work for you. .
Here's what experts and current research say about some of the most popular weight loss supplements , and whether or not they're actually effective.
Before we get into the details, there are a few things you should know about dietary supplements (not to be confused with FDA-approved prescription pills proven to aid weight loss.) .
While these "quick fixes" may be tempting, Zuma Nutrition registered dietitian Nick Sopczak says most don't lead to substantial weight loss, especially without making other lifestyle changes, like improving your diet and increasing physical activity. .
A 2021 review of dietary supplements found that out of over 300 studies only 16 had sufficient evidence for significant weight loss. The vast majority of the studies' results were unreliable due to factors like bias and duration, the researchers reported. .
The review also noted that dietary supplements are not regulated by the FDA as strictly as many other prescription and over-the-counter drugs, meaning those products can be marketed without the same level of quality testing to demonstrate their efficacy. .
According to Sopczak, another issue is that much of the research on these supplements is funded by the weight loss industry, which means results are more likely to highlight the benefits while downplaying any negative aspects.
Many popular supplements are not only ineffective, but have harmful side effects, like constipation , diarrhea , elevated heart rate, or kidney problems, says Sopczak.
How it works: Research suggests that caffeine may support weight loss by suppressing appetite and increasing calorie burning , says Rekha Kumar , MD, an endocrinologist at Weill Cornell Medicine and medical director of the American Board of Obesity Medicine .
What the research says: A small 2012 study found that overweight and obese participants who drank 200 milliliters of coffee along with breakfast consumed fewer calories at the following meal and throughout the day compared to those who drank water. This effect was even more dramatic in the group who drank coffee with a higher amount of caffeine. .
Overall effectiveness: While caffeine alone won't likely make you lose weight, it may be an effective addition to your overall weight loss plan, says Sopczak. .
Side effects: If you are sensitive to caffeine and consume too much, you may experience side effects like restlessness, insomnia, jitters, and anxiety.
How it works: Green coffee extract comes from coffee beans that haven't been roasted yet — and these unroasted beans contain natural antioxidants known as chlorogenic acids that are believed to reduce the amount of glucose, aka sugar, you absorb after a meal. Excess glucose is what your body stores as fat, so absorbing less may help with weight loss by preventing fat storage .
What the research says: A 2011 review of three studies found that overweight or obese adults who took a green coffee extract supplement alongside their normal diet lost about 5.4 pounds, on average, compared to those who took a placebo. More research is needed, researchers said, since studies had very small sample sizes, short durations, and a strong risk of bias.
Overall effectiveness: Larger, more well-designed studies are needed to determine whether or not green coffee extract is actually effective, says Sopczak — but the NIH reports it may help you lose a small amount of weight.
Side effects: While green coffee beans have less caffeine than roasted coffee beans, you may still experience caffeine-related side effects , says Sopczak — like irritability, anxiety, jitteriness, headache, insomnia, and irregular heartbeat. To be safe, green coffee extract should be avoided by people who are pregnant or breastfeeding , who have heart disease or high blood pressure, or who are taking anti-anxiety medication .
How it works: Green tea extract is high in catechins, a type of antioxidant believed to assist weight loss by increasing the activity of norepinephrine , a hormone that helps burn fat while also making the body more effective at burning calories , says Sopczak. The caffeine in green tea extract may also promote weight loss.
What the research says: Results from studies on green tea extract for weight loss are mixed. According to a 2021 review of 15 studies totaling 499 participants, two studies found green tea extract helped participants burn anywhere from 43.8 to 260.8 extra calories per day. However, it's worth noting these effects were most apparent when participants were also exercising. .
Overall effectiveness: According to the National Center for Complementary and Integrative Health (NCCIH), it has yet to be proven that green tea extracts can produce meaningful, sustainable weight loss. Plus, it's difficult to determine whether green tea extract is effective on its own or if the caffeine in the extract is what's driving studies' results. .
Side effects: Green tea extract is generally well-tolerated, says Sopczak, but may cause symptoms like anxiety, sleeping problems, or irritability in people who are caffeine sensitive or who take large doses — above 400 milligrams per day .
How it works: More recent studies suggest that garcinia extract, which comes from a fruit native to Indonesia, can reduce a fat-producing enzyme called citrate lyase and increase levels of serotonin , thus potentially helping to reduce sugar cravings , says Sopczak — but most of these studies have been conducted in animals .
What the research says: A 2013 review of 17 clinical trials totaling 873 subjects found garcinia cambogia had limited to no impact on weight loss. While a separate 2011 review found garcinia cambogia supplementation can lead to a small short-term weight reduction compared with a placebo, all of the studies examined had design weaknesses that likely affected the outcomes, the review's researchers reported.
Overall effectiveness: The NIH has concluded garcinia cambogia has "little to no effect" when it comes to weight loss.
Side effects: Possible side effects associated with this supplement mainly include gastrointestinal symptoms like nausea and diarrhea but in rare cases, it's been linked to liver damage.
How it works: Glucomannan is a type of dietary fiber found in elephant yams. When it absorbs water in your gut, it swells up to 200 times its initial size — and by taking up more room in your stomach, it's thought to help you feel more full so you eat fewer calories, says Sopczak.
What the research says: A 2005 study of 176 overweight, otherwise healthy, subjects found those who took a glucomannan supplement lost more than those who took a placebo — about 8-10 pounds over the course of five weeks. However, other studies have failed to find a connection between glucomannan and weight loss.
Overall effectiveness: According to the NIH , this supplement has little to no effect on weight loss.
Side effects: Glucomannan can cause bloating and gas , says Sopczak, and is not recommended for people with gut or esophageal disorders.
How it works: Conjugated Linoleic Acid (CLA), a type of fat found in meat and dairy products, may reduce appetite, boost metabolism , and help with fat burning, says Sopczak.
What the research says: A 2007 review of 18 studies found taking CLA was associated with losing 0.2 pounds per week for up to 6 months.
Overall effectiveness: According to the NIH, CLA might help you lose a "very small amount" of weight as well as body fat.
Side effects: CLA can cause some digestive side effects like constipation and diarrhea, and if taken over the long-term, Sopczak says it may increase your risk of fatty liver disease and insulin resistance .
How it works: Guar gum, a type of fiber extracted from guar beans, may help you feel fuller longer, thereby reducing how much you eat, says Sopczak.
What the research says: A 2001 review of 20 trials found taking a guar gum supplement resulted in less than 1 pound of weight loss — and that the risk of adverse events like abdominal pain, diarrhea, gas, and cramps outweighed any potential benefits.
Overall effectiveness: The NIH has concluded that taking guar gum "probably doesn't" help you lose weight. Guar gum may help to control appetite, but this same effect could potentially be achieved without unpleasant side effects simply by eating more foods high in soluble fiber such as oats, barley, apples, and oranges.
How it works: Extract from the bitter orange fruit contains synephrine, a compound with stimulant effects believed to reduce appetite and increase fat burning .
What the research says: A 2012 review of 23 studies totaling about 450 participants found nine of the studies showed that synephrine may cause an increase in metabolic rate, suggesting it may be beneficial in weight management. However, researchers said well-controlled, longer-term studies involving only bitter orange extract are needed since about two-thirds of subjects also consumed caffeine, which may have impacted results.
Overall effectiveness: While bitter orange extract may slightly suppress appetite and increase how many calories you burn, the NIH says the word is still out on whether it can actually help you lose weight.
Side effects: The chemical composition of synephrine is similar to ephedra , which has been banned from dietary supplements by the US Food & Drug Administration (FDA). Research on the potentially harmful effects of bitter orange is inconclusive — some studies found bitter orange raised heart rate and blood pressure , while others found it didn't have cardiovascular effects at common doses (up to 100 milligrams).
How it works: The active ingredient in ephedra, an herb that comes from an evergreen shrub, is a known stimulant that may increase your metabolic rate, thus helping you to burn more calories and ultimately lose weight. .
Important: \*While you may be able to find ephedra products on the internet, the substance has been banned as a dietary supplement in many countries and therefore is not a viable option.
What the research says: A 2021 review of nine studies totaling 534 overweight or obese participants found products containing ephedrine were associated with around 4.4 pounds of weight loss.
Overall effectiveness: Researchers have struggled to discern the effectiveness of ephedra since there aren't any long-term studies and most studies have also included caffeine , which is known to support weight loss. Ultimately, the risks of these supplements seem to far outweigh the potential benefits.
Side effects: The FDA banned this highly controversial supplement in 2006 because it can increase heart rate and blood pressure , and in rare cases, cause heart attack , stroke , or even death . It's also been linked to nausea, vomiting, and some psychiatric symptoms like anxiety and change in mood — especially in products that also contain caffeine, which can increase the risk of adverse side effects .
How it works: Chitosan is a sugar mainly derived from the outer skeletons of crustaceans. According to Sopczak, it is said to turn into a gel-like substance in the stomach which then binds to fat in the intestines , but evidence of this is inconclusive .
What the research says: A 2018 review of 14 trials totaling 1,101 overweight or obese subjects found chitosan supplements slightly reduced body weight — by about 2.23 pounds — in overweight and obese people. .
Overall effectiveness: According to the NIH , chitosan does not bind to nearly enough fat to result in significant weight loss.
Side effects: Chitosan is generally considered safe , but Sopczak says possible side effects include upset stomach, nausea, bloating, and constipation.
How it works: The mineral chromium is believed to increase lean muscle mass while reducing body fat . It also helps insulin perform properly , which Sopczak says helps the body process carbs, fat, and protein more effectively.
What the research says: A 2013 review of nine trials with a total of 622 participants found overweight and obese adults who took chromium picolinate (a supplemental form of chromium) lost an average of about 2.4 pounds after 12 to 16 weeks. Researchers determined this amount of weight loss was of "debatable clinical relevance" and that more "reliable evidence" is needed to verify the efficacy of these supplements.
Overall effectiveness: The NIH says chromium may help you lose a "very small amount" of body weight and fat. Less than 2.5% of ingested chromium is absorbed in the intestines, which Sopczak says is likely too low to have a significant effect in the body.
Side effects: In supplement form, high doses of chromium can interfere with insulin and other diabetes medications. .
This supplement should also be avoided by those with kidney or liver problems , or with anemia . Kidney damage, worsened depression or anxiety, and irregular heartbeat have been reported in rare cases. .
People with liver or kidney problems , or people with anemia, should not take chromium without first talking to their doctor.
While there's a chance some of these supplements — like green coffee extract, CLA, and chromium — may help support your weight loss efforts, Kumar says there still aren't enough randomized controlled trials to prove they result in significant, sustained weight loss on their own. .
Experts agree none of these products will work miracles without healthy changes to your diet and exercise habits. .
Because of the potential for interactions with medications and side effects, you should always talk to your health care provider before trying any of these supplements.
Rebecca Strong.
Rebecca Strong is a Boston-based freelance writer covering health and wellness, food and wine, fitness, and travel. In addition to contributing to the Health Reference and Kitchen verticals at Insider, she has also written for Healthline, Health magazine, Bustle, StyleCaster, PopSugar, AskMen, and Elite Daily. You can follow her work on Twitter .
HEALTH Why detoxes are terrible for you, according to dietitians.

**weight loss drops**

**1.** <https://www.amazon.com/Weight-Loss-Drops-Suppressant-L-Glutamine/dp/B0859YDVH6>

**2.** [https://www.amazon.com/weight-loss-drops/s?k=weight+loss+drops](https://www.amazon.com/weight-loss-drops/s?k=weight%20loss%20drops)

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**3.** <https://www.walmart.com/c/kp/weight-loss-drops>

**4.** <https://www.outlookindia.com/outlook-spotlight/weight-loss-drops-reviews-3-best-diet-drops-reviewed-by-our-experts-news-219047>

Weight Loss Drops Reviews: 3 Best Diet Drops Reviewed By Our Experts.
The weight loss drops under the tongue are very efficient. For fast results, you have to use them with the diet kit/protocol they come with. The diet kit or plan is a low-calorie weight loss plan modeled after that will guide your eating habits for the entire time you will be using the diet drops.
Shiva The Consciousness And The Bliss.
Academic and curator Alka Pande looks into the phenomenon and wonders who is Shiva? Is he a God? Is he a concept? Is he truth? Is he a representation of the phallus? Is he a destroyer? Is he the lord of dance?
Religion Always Shapes Political Culture In Liberal Democracies.
Will the gods of the Hindu pantheon be reduced to singular narratives and used to polarise identities based on politics of Otherness? Asks Outlook Editor Chinki Sinha on attempts at appropriation of Shiva.
POLITICS OF SHIVA.
Multivalent & Volatile: Can BJP's Plan To Politically Appropriate Lord Shiva Bear The Fruit?
From the most benign to the most destructive, Lord Shiva remains a mystery who defies definition. Attempts to appropriate him may not succeed.
How Shiva Became A Political Revolutionary Symbol In Kerala.
Countering The Brahmin Shiva: Dravidian Discourse As An Antidote To Hindu Nationalism.
Ganeshwar, a PhD scholar with the Hyderabad University, tells us why Hindu nationalists will find it difficult to construct Shiva as the face of their aspirations in southern states.
The best weight loss drops that we will discuss here have unique benefits. For instance, they: .
Address the root cause of weight gain and fat storage – slowed metabolism .
They enhance the general wellness of body and mind .
They help the body to burn fat and keep the weight gone for a long time .
They come weight loss and dieting kits to help you overhaul your eating habits .
According to research, most of the people who had weight problems at the onset of the COVID-19 pandemic gained more weight afterwards. .
Close to 30 percent of people without prior weight issues gained weight after going into social isolation. This explains why the demand for the best weight loss supplements is high post COVID-19. .
Some of the factors that contributed to high weight gain among the US citizens included stress, job loss and leading a sedentary lifestyle for close to two years. If any of these factors has contributed to your weight gain, we have a reprieve for you. .
The simple science behind weight loss drops .
The weight loss drops under the tongue are very efficient. For fast results, you have to use them with the diet kit/protocol they come with. .
The diet kit or plan is a low-calorie weight loss plan modeled after that will guide your eating habits for the entire time you will be using the diet drops. .
The diet plan will restrict you to 500, 800, or 1200 calories a day. Since men and women need 2500 and 2000 calories daily respectively, the diet plan accompanying the drops to lose weight creates the calorie deficit. This is what compels the body to raid its fat reserves for energy. .
Pretty simple, huh? You might think. However, there is much more involved. For instance, the recommended 2500 and 2000 calorie intake has all the nutrients that you need for the day. .
However, by embarking on the VLCD, you will be missing most of these nutrients. But you should not worry yet. .
This is where the Nutravit Diet Drops, and others, come in! Blended from many ingredients, they will help provide your body with the nutrients it would otherwise get from a full diet. .
Besides, the drops help the body to secrete the right hormones, so you feel sated throughout the day. .
So, using the weight loss drops under the tongue is a two-pronged approach to weight. You lose weight without suffering crazy hunger pangs. .
You get to give your body the nutrients it needs. You also get to reset your metabolic rate so that the body does not store fat in future. . .
Best Weight loss drops hCG under tongue reviews .
I come from a family that struggles with weight, so fat and obesity is genetic to us. When I tipped the balance at 247 pounds at 36 years of age, I knew it was time to do something about my weight. I embarked on a “treasure” hunt. I tried too many products that promised a lot but delivered nothing. .
My life changed though when I heard of the Nutravit Diet Drops from a friend whose sister had struggled with weight and found her respite in these weight loss drops. .
Immediately my doctor cleared me to use them and the accompanying diet plan, I was on it. The results were so impressive just 9 days in. .
This is what gave me the impression to start a review plan for these weight loss supplements, and more out there. .
I asked on social media for people to volunteer information about the best under the tongue weight loss drops they had used successfully. .
From this survey, it was obvious that in addition to Nutravit, Official HCG Diet Plan and Complex Diet Drops were also very effective. .
Keep reading to see my brief reviews about these products. I shall try and pack as much information in, as I can. .
Order Now at Lowest Price .
For the years that the Nutravit Diet drops for weight loss have been in the market, the product has helped very many people lose weight comfortably, effectively and fast. As you will see in the upcoming sections, the power of these diet drops is in the ingredients. .
On their website, you will be met with a welcoming message that says Kick Start Your Metabolism and Lose Weight Fast. .
At first, you might think this is just marketing hype. It is not! Many weight loss drops under the tongue reviews show that this product works as advertised. .
This fat loss supplement is not just going to help you burn fat. It is going to reset your metabolism. These diet drops help even the people with chronic fat issues. .
If you would like to regain your self-esteem, try the Nutravit Diet drops. You will see why this fat loss supplement ranks topmost among many products. . .
Nutravit Diet Drops Ingredients – More than just weight loss .
There are several, natural ingredients that are blended in world-class labs. The labs are GMP (Good Manufacturing Practices) and FDA-approved. Please note this does not mean the drops are approved by the FDA. .
Amino Acids Cluster .
The amino acids used in this product take up the biggest share and for a good reason: .
L-Ornithine – When you start using the product, you will experience fast weight and body changes that could stress you up. L-Ornithine helps to prepare you to accommodate these changes easily. .
L-Glutamine – To better control glucose metabolism in your body, you need L-Glutamine since it enhances sensitivity to insulin. It will ensure there is just enough glucose in your bloodstream. .
Beta-Alanine – This important amino acid increases the rate at which the cells consume oxygen and the fat metabolic rate inside the cells. This creates a need for more energy and the body attacks the fat reserves faster. .
L-Carnitine - This does several things but chief among them is to enhance the rate at which visceral fat is metabolized, and to help the body release more energy. .
L-Tryptophan – You need this ingredient for your overall wellness of mind and body. It enhances the rate at which the body secretes feel good hormones. .
L-Arginine – With this ingredient, you will experience a fast rate of metabolism in the body, faster fat burning in different parts of the body and if you work out, you will see faster muscle growth. .
Chromium Picolinate – This mineral will help your body to cut the craving for sugars by blocking the sugar receptors in your system. It will also lower your craving for starches. .
Herbal ingredients .
In addition to the amino acids, here are the high quality herbal ingredients used in this fat burning supplement: .
Coleus forskohlii root extract – This ingredient will help your body to burn fat reserves faster, losing weight. .
Grape Seed Extract – It prevents your body from storing fat, so there is no increment on your fat stocks. .
Garcinia Cambogia – This herbal extract can help you to burn fat easily if you are diabetic. It also contains Hydroxycitric Acid, which controls appetite and prevents the body from storing fat deposits. .
African Mango Extract – This one comes from the nut of the African mango. It has recently become very popular with many fat loss supplements in the market. The extract raises metabolic rate to help your body burn fat faster. .
Rhodiola Rosea – This ingredient will not only nudge the body to burn fat due to its high content of the compound rosavin, but it will also cut out the cravings for unhealthy foods and sugars. .
Capsicum annuum extract – This ingredient will increase the rate at which oxygen is consumed in your cells and increase the core body temperature. In return, this increases the rate at which you use energy leading to faster fat breakdown. .
Grapefruit extract – Grapefruit has chemical compounds that reduce the insulin levels in your blood and encourage overall weight loss. .
Gymnema Sylvestre leaf extract – Apart from helping with weight loss, this ingredient also helps with diabetes, cough and metabolic syndrome (this is a collection of conditions that can occur together and increase your risk of getting type 2 diabetes, heart disease and stroke. .
Panax Ginseng Extract – Studies have shown that Panax Ginseng can help to delay fat absorption in the body thus leading to less fat deposits and stocks. .
Raspberry Ketone – It is going to help break down the fat faster inside the cells, which eventually leads to faster fat burning. .
Green Tea Extract – Studies have shown that people who take green tea extract before working out can lose up to 17 percent more weight than those who don’t. By raising the core temperature of the body, you create more need for energy leading to faster fat breakdown. .
Fucoxanthin extract – It will control the glucose levels in the blood and it will also prevent oxidation and help the body flush out free radicals. .
How to use Nutravit Diet Drops .
Depending on your needs, first, you need to use these weight loss drops with the VLCD of your choice, can be the 500, 800 or the 1200-one. On the first two binge-eating days, don’t take the drops. .
When you start Phase 2, start taking the drops by placing 10 to 15 drops under your tongue three times daily. .
You will then continue using the drops through the 21 days that you will be taking the low calorie diet and then you will enter the maintenance phase. Please follow all the instructions in the diet without missing a thing. .
Herbal and amino acids ingredients do more than just help the body burn fat .
You can only get this supplement from the official website . . .
Order your Nutravit Diet Drops from the official website only . One bottle costs $59. If you order two bottles, you get one free and if you order three bottles, you get two free of charge. Each purchase comes with a money back guarantee of 90 days. .
Clicke Here to Buy .
If you have been struggling with weight for some time, not only do you want to get a fat burning product, but you also want one that can detox your system. You are in luck because the Official HCG Diet plan can help you do that, and much more. .
Please remember to use these diet drops with Dr. Simeons 500-calorie diet plan. .
Similar to any other diet drops, it is important to know the ingredients used in its formulation. Here is a brief look into the main HCG diet drops ingredients: .
HCG diet drops ingredients .
The ingredients in this product will help you lose weight without training, working out or experiencing extreme sugar and starch cravings. .
HCG – human gonadotropin hormone .
This product, as you will see even on the products official website, contains the human gonadotropin hormone itself. .
The work of this hormone is to get the hypothalamus gland that regulates metabolism to reset the metabolic rate so that your body starts burning fat instead of storing it. .
Vitamin B12 .
This vitamin increases the metabolic rate of the body. It also enhances the breakdown of amino acids and fatty acids to increase energy release. Thus, you do not need to eat too much food since the body will attack its fat reserves for its energy needs. .
L-Ornithine .
Overall, the use of Official HCG Diet Plan is going to increase the cellular activity in your body. This also means there is a lot of ammonia, which needs to be removed at low levels because it is toxic. The amino acid L-Ornithine helps to convert ammonia into urea, which is then eliminated through urination. .
L-Arginine .
This amino acid is going to change how your body breaks down and stores fat, by enhancing insulin activity in your body. .
It is also good for improving your circulatory health so that more blood with nutrients and oxygen can get to all body parts easily, by preventing the formation of plaque in the arteries. .
L-Carnitine .
This amino acid will help in the efficient and faster transfer of fatty acids to the cells so that they can be metabolized for energy. .
L-Carnitine is also very good for correcting inflammation, which in return lowers blood pressure and improves your heart and lung health. .
Magnesia Phosphate .
It is also called Natrum Phosphate and it is very good for muscle pain relief. Lifting your mood and making you feel better about yourself generally. It can also prevent nerve pain. . .
How the Official HCG Diet Plan works .
Because it contains the HCG hormone itself, it is going to increase the HCG levels in your system. This increases the metabolic level, increases adrenal and liver health and curbs hunger cravings. Taken with a 15, 21 or 45-day low calorie diet protocol, these drops will help you lose the desired amount of weight easily and faster. .
Please note, these diet drops will only work when you use them with the diet protocol of your choice. Very briefly, this is how the typical Dr. Simeons diet protocol works: .
Phase one – This is the binge-eating phase. Eat huge amounts of recommended foods and drink copious amounts of water (more than 0.5 gallons). .
Phase two – Start taking HCG drops on empty stomach, measuring your weight when you wake up and eat the recommended low calories daily until you reach your target weight (depends on which diet plan you have chosen – 15-day, 21-day or 45-day one). .
Phase three – This is also called the maintenance phase where you learn how to eat clean, keep the metabolic rate high and maintain the gains you made in Phase 2. .
Some people have lost up to 30 pounds in 30 days . .
Order your diet drops from the Official HCG Diet Plans official website . They are available in different packages, which are as follows: .
90-day package - two bottles (4 oz each) at $129 .
45-day package – one, 4-oz bottle at $99 .
21-day package – one, 2-oz bottle at $79 .
3. Complex Diet Drops – for faster fat metabolism .
If you want to lose weight fast, you have to change the way and the rate at which your body burns fat. This is where the Complex Diet Drops come in. .
This is a battle-tested fat burning supplement that works as advertised. However, to get the results you desire, you need to use the recommended diet plan (Dr. Simeons). That is how you are going to lose weight without exercising or training. .
The complex Diet Drops Promise: .
This supplement is not very new in the market since it was initially called HCG Complex Diet Drops. It can help you to achieve the following: .
Kick-start your metabolism to burn more fat .
Prevents the body from burning its muscle for energy .
Complex Diet Drops Ingredients .
This fat burning supplement is a blend of many ingredients, precisely 25 of them. Here is a brief look at the main ones: .
L-Glutamine .
This will increase the body’s sensitivity to insulin. In return, the body changes in the way it stores fat and increases the rate of metabolism to produce more energy. It also increases the rate of glucose metabolism, leaving less to be converted to fat. .
L-Carnitine .
For faster fat breakdown, there is a need to transport the fatty acids faster to the cell for metabolism. No other ingredient can do this better than the L-Carnitine amino acid. .
L-Arginine .
If your hormones go haywire, they can affect your body’s metabolic rate in a very big way. This is why the manufacturer of the Complex Diet Drops has included this important amino acid because it regulates hormone production. It also helps in the release of more nitric acid, which helps to relax and expand the blood vessels so that more blood can flow to different parts of the body. .
L-Ornithine .
This will among other purposes improve the secretion of ammonia, which is then removed as uric acid from the body to prevent toxicity. This amino acid also packs your body with energy so you never have to experience distress from taking a low calorie diet. .
Panax Ginseng .
This herbal extract is very vital for increasing the production of energy in the cells. In return, this reduces the fatigue levels and you never experience low energy levels. .
Capsicum Annuum extract .
Many weight loss supplements contain the capsicum annuum extract and for a good reason. By raising the core temperature of your body, it raises your energy needs thus compelling the body to break down fat for energy. .
Gymnema Sylvestre leaf extract .
This ingredient is used for so many things including snakebites, malaria and as a laxative. However, for weight loss, it helps in suppressing the appetite so that you eat minimally. .
Grape seed extract .
African Mango extract .
The extract comes from the nut of the African mango. In addition to inhibiting the growth of fat cells, this extract also helps to get rid of LDL and it regulates blood sugar levels. .
Camellia Sinensis (Green Tea) extract .
Green tea has so many benefits because of its high content of bioactive compounds. Of utmost importance though is how it helps in weight loss and management, by suppressing the hunger pangs. .
Extra ingredients .
There are many more amino acids, minerals and herbal extract such as beta-alanine, Chromium picolinate, GABA, Raspberry Ketones, Monoammonium Glycyrrhizinate, L-Tyrosine, Chromium Picolinate, L-Tryptophan, Eleutherococcus root extract, Guarana extract, Lepidium Meyenii, Astragalus Membranaceus root extract, Fucoxanthin extract among others. .
How Complex Diet Drops works .
The combination of the ingredients enables this supplement to stimulate the hypothalamus gland, which then puts the metabolism at high gear. .
While you go on a low calorie diet, this supplement will prevent your body from burning its muscles for energy. That way, you can lose weight healthily and fast. The ingredients provide the nutrients that you would otherwise get from food. .
How to use Complex Diet Drops .
When you enter the Phase 2 of the low calorie diet plan that you have chosen, commence taking 10 drops of this supplement. Place them under your tongue for faster absorption and hold it there for about 30 seconds before you swallow. Make sure you take the drops 30 minutes before eating anything. Also, take these drops and follow the strict low calorie diet plan. .
Requires strict adherence to the diet protocol .
Lose fat weight but retain your muscle mass .
Some users might take longer to lose weight . .
It is best to buy this product from the official website: https://www.iime.org/go/complex-diet-drops/ . One bottle costs $69.95 and you get a free bottle. When you buy two bottles, you pay $97 and you get an extra two bottles free. You can also order three bottles and get three extra ones, all for $139. Four bottles plus four free ones cost $173 while six bottles with six free ones cost $239. .
Choosing a supplement to help you with weight loss for the first time is hard work, since you have to choose from so many. .
However, when you read our reviews for the best weight loss drops on Amazon, other online marketplaces or on the official websites, some winners start to emerge. In this case, we would highly recommend the Nutravit Diet Drops. .
They are superbly blended in first-class laboratories and they can help you to lose up to 14 pounds in a week. Most importantly, you do not get the lethargy and migraines that come from using a VLCD. .
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**5.** <https://www.deccanherald.com/brandspot/pr-spot/weight-loss-drops-your-guide-to-the-5-best-weight-loss-drops-for-2022-1128023.html>

PR Spot.
updated: Jul 19 2022, 10:50 ist.
Are you struggling with your post-quarantine weight gain and looking to make a lifestyle change that will give you back your confidence and reshape your physique? Have you gotten tired of exhausting workouts and you just need something to decrease your appetite, burn fat quickly and lead to rapid weight loss without depleting your energy and motivation?
Then we've got great news for you because we dived into the 2022 market and gathered five excellent weight loss supplements' drops that will make for quick weight loss and aid you lose belly fat, detox, reduce bloating, and eliminate cravings!
5. Bio Origins Diet Drops for Men and Women.
Click Here to Buy.
We have gathered some of the safest and most effective drop supplements that will help accelerate your metabolism of fat, decrease your appetite and boost your chances to clean fat from areas that are often difficult to target and reduce. They are all perfectly valid options – however, the Nutravit Diet Drops are THE best choice you can make at the moment. .
Nutravit is a new, up-and-coming player in the weight loss supplements field, and from what we have seen so far, they are here to stay! Their brand new drops’ potent formula has been specifically designed to give a solution for easy weight loss; how to reach our weight goal without having to kill ourselves in the gym. In other words, what can help you lose weight, and take charge of your body shape, while also providing essential nutrition and not depriving you of energy and positive vibes?
And that is how Nutravit’s first product, the Nutravit liquid dietary supplement came to life!
The result of clinical research on what to use and how to combine it was a weight loss supplement that consists of a powerful, hormone-free complex of selected amino, vitamins, and herbal extracts which boast ingredients medically known to promote fat loss by detoxifying your immune and digestive system while organically prompting your body to start using its fat storage for energy and mental creativity!
Order Now at Lowest Price.
Let's take a closer look at some of our key active extracts and other ingredients, along with what they can do for you. .
● L-Ornithine: It improves your overall mood and well-being when it comes to mental performance, which means it can help you remain adamant and stick to your goals during your weight loss program period. .
● Gymnema Sylvestre Leaf Extract: It is a natural taste receptors blocker. Simply put, it makes your taste-receptors more resistant to your favorite sweet flavors, which in turn ensures that you will consume less of them, and reduce your caloric intake without difficulty. .
● Grapefruit Extract: It has been shown to have the capacity of reducing insulin levels in your blood. Since insulin plays an important part in your metabolism, this extract can lead you toward your desired scale number. .
● L-Tryptophan: Many reports show that L-Tryptophan could be able to manage your appetite, so it couldn't be missing from our weight loss supplement. This ingredient is a precursor to serotonin, and it's no secret that serotonin aids greatly in metabolic process regulation and appetite control. .
● Rhodiola Rosea Extract: When our energy is lowered, we tend to go straight to the fridge, because our glucose levels drop; Rhodiola extract gives a boost to our energy, and subsequently helps calm our need to munch and kill our calorie limit for the day!
● Fucoxanthin Extract: After a series of studies performed on animals, it has been indicated that, if taken on a long-term basis, the Nutravit dietary liquid supplement can possibly lead to a significant loss of weight. This is because it is thought to increase the resting energy expenditure and to reduce the fat tissue (else known as adipose tissue). .
Other ingredients of professional-grade formulated Nutravit drops for weight loss, all of them well-known for their abilities to promote healthy and quick pound-dropping, are L-Carnitine, L-Arginine, Beta-Alanine, Siberian & Panax Ginseng, Capsicum Annum Extract, Green Tea Extract and Citric Acid; in other words, a multitude of weapons for your fight against stubborn belly and thick thighs!
Each 2oz. (60mL) bottle costs …. and contains approximately 120 servings which will last you for 25 days. .
To sum up, Nutravit is specially formulated to lead to faster weight loss without breaking your spirit and make your energy levels kneel – all while providing your body with nutrients, amino acids, vitamins, and herbal extracts that will help your mind stay focused and your body strong in order to achieve your weight loss goals in as short time as possible!
3+1 Weight Loss Tips To Help Your Weight Loss Program Shape Up Your Curves In No Time!
Nutravit Weight Loss Liquid Supplement shares with us a few precious fat-burning tips to save us time and effort. .
✔ Drink Plenty Of Water – Drinking great amounts of water will combine with Nutravit Drops’ detoxifying extracts, thus giving your body the boost to start destroying those hidden fat cells super quickly. .
✔ Eat At Least Three Meals – And don’t forget your drops about 15 minutes before you do so. Eating small meals means keeping your body’s metabolism in constant working status, while maintaining your glucose at the same levels, thus steadying any sudden sweet or salt cravings during the day!
✔ Don’t Just Watch Your Calories – Sure, if you regularly take your Nutravit drops and keep under a caloric maximum you will shed those pounds; however, 200 calories from a bar of chocolate and 200 from brown rice aren't exactly the same thing. Try to eat as many veggies, fruits, and protein as you can to lose those pounds safely and healthily!
✔ Maintain A Regular Sleep Schedule – You’re doing all it takes – drink your water, steadily eat your three meals, keep an eye on what and how much you eat, and boost all your efforts with Nutravit diet drops, good for you! All you need to do then is make sure your body is well-rested so that it can keep metabolizing fat, and you will have your beach body ready in no time! .
So, if you came here looking for healthy ways to lose weight, speed up your metabolic rate and take natural weight loss to the maximum possible point, all with the help of a trustworthy, professional-grade dietary supplement and without all the time-consuming, pant-sweating gym exercises, we highly recommend that you tried the Nutravit Weight Loss Drops! We’ve tried them, tested them, and seen the results ourselves – if you don’t believe us, then you can believe their own Money Back Guarantee!
Don’t wait any longer! Summer is almost here, it’s time to try one of the easiest ways to lose weight, by simply keeping a few drops of Nutravit under your tongue before your meals – you definitely won’t believe how simple and effortless losing weight can be!
Order Now.
You’re looking through our article because you want what most of us want; a lean physique without having to go through painful workouts and lifting heavy weights, ending up exhausted and unmotivated to keep doing it. Complex Diet Drops by BioSource Labs is the second-best answer to our “can’t lose weight” problems. Their liquid dietary supplement boasts a hormone-free formula, and perfectly natural ingredients and promises to optimize your metabolic rate and help you get slim and fit in no time at all!
Packed with 24 amino acids, multiple vitamins, and potent herbal extracts, yet guaranteeing no harmful side effects at all due to their organic nature, these drops will help diminish your sugar pangs by managing your blood sugar levels and fire-starting your metabolic rate. .
As soon as you get them, you will be able to connect to an online weight loss tracker that will help you regulate your caloric intake and share with you low-fat, low-calorie recipes to keep you motivated in order to get that dream body of yours!
It should be noted that in order for Complex Diet Drops to fully work wonders, they come with a VLCD (Very Low Caloric Diet) and BioSource Labs will let you know the exact caloric intake you need to keep during each phase with a printed instructions sheet to make your life even easier!
One regular (2 oz, 60mL) bottle of BioSource Lab's Complex Diet Drops costs $34.95; a dual-pack will save you $4, as it costs $64.95. Each bottle contains approximately 120 servings which, according to the company, should be enough for a 30-day period span, since they suggest you take about 0,5mL three times a day, 15 minutes before each of your main meals. .
But if you still feel like you haven’t found the perfect combination of potent ingredients’ formula, quick and reliable results, and affordable pricing, well, come meet our top pick for 2022, the 3-1 drop supplement we highly recommend; the Nutravit Diet Drops!
Order Now.
When it comes to slimming your thighs and belly fat, we all know how Human Chorionic Gonadotropin aka HCG can make a difference. The Official HCG Diet drops come to you with a strict diet plan that you should definitely hold on to like a bible; otherwise, you will see less than the interesting results many of their users have seen!
As soon as you confirm your purchase, the company will send you a specific guide diet manual, and a weight loss log, along with a list of recipes, all in PDF format. And this is where you need to pay attention; their reviewers claim that you need to stick with those no matter how boring they might feel at times – because that’s how some people got to lose even up to 3-4 pounds a day. .
Their product formula is based on Colloidal Mineral Water, which makes their drops taste quite neutral. It also contains Vitamin B12 and several other ingredients which promote liver and adrenal metabolizing rhythms as well as thyroid gland health, which plays an enormous part in your system’s ability to burn those stubborn fat cells. .
But there is a catch here as well; apart from having to strictly follow their dietary plan and instructions to enjoying weight loss, many people find that those drops’ price is a little beyond what they’d like to spend on drops for losing weight, no matter how much they want it. .
Moneywise, the Official HCG Drops are rounding up a 2 oz. (60mL) bottle to $79, which includes same-day shipping. However, the 4 oz. bottle costs $99 – this means you’re saving $50 if you get two at once. One bottle will last you about 21 days and the 4 oz. one about 45 days. .
However, if you’re in for an even better value for money weight loss drops suggestion, then stay with us until our first place weight loss drops supplement – we’re almost there!
Order Now at Amazon.
This cellular metabolism and energy levels enhancing supplement by Total Life Changes is here to play a vital role in increasing your body’s ability to metabolize fat and carbs along with amino acids. It also helps tone down the craving for sweets and unhealthy snacks, but to also keep your weight loss motivation to a maximum.
One of their most important claims is about your energy. Reducing the intake of calories to 1200 – 800 as proposed usually leads to you feeling tired and unmotivated. The TLC Iaso Diet Weight Loss Drops , however, promise to help you fight any feelings of fatigue or tiredness and allow you to remain vigorous and energetic. .
The drops’ flavor, according to customers' reviews, is mildly refreshing and has a minty-sort of aftertaste that most of them find pleasant. And, of course, when it comes to slimming your figure, which is the primary reason one would get them, they seem to be able to do the trick and help you minimize your waist diameter after two to three weeks – so maybe TLC are your way to say goodbye to belly fat!
Now getting to the cons. It seems that some reviewers were not really happy to find out that their package was missing the dietary book guide which provides with vital nutritional info and optimum meal plans to have while taking the drops for effective and easy weight loss. That’s why they’ve ranked as our 4th best weight loss drops’ suggestion. .
Concerning the price, TLC drops are also a little steeper than most, with one bottle of 2 fl. Oz (60Ml) costing $64.50. The proposed way of serving is for you to take about 15 drops before your meal, three times a day, which means that one bottle lasts approximately 20-25 days. .
Do you need an efficient and smart way to lose your stubborn belly fat quickly, but without having to pay an arm and a leg to do so? Then follow us to check out our No 1 drops for weight management and getting a picture-worthy body!
Click Here to Buy.
Bio Origins company is a solid player when it comes to providing you with quality supplements and dietary aids, and their Diet Drops for Men & Women do not fall short of this. It is a potent, helpful supplement that will help you suppress your appetite while still being energetic and on the move. .
Containing an array of natural ingredients such as Astragalus and Maca Root, Rhodiola Extract, and Organic Grape Alcohol, the Bio Origins management aid promises to keep your hunger pangs to a minimum. Combined with their suggested low carb, low-calorie diet, most of the drops' users have had noticeable weight loss results, starting even a week after beginning to take the drops regularly!
The drops also have antioxidant and cleansing capacities, while also supporting your body’s system in order to keep blood and cholesterol levels to a low level. A lot of its reviewers have also mentioned that bloating incidents had decreased and that they could feel the antioxidant, while their energy remained intact. .
All in all, those drops seem to be a decent choice, since they can indeed help you lower the scale number without an insufferable amount of exercise – but it does seem crucial that you follow strictly their meal and low-calorie diet guide if you want true results.
On the con side, the Berry Flavor of the dietary supplement drops by Bio Origins does not seem to agree with most of its takers’ palates. People claimed that the taste was at best neutral and, in some cases, not easily forgotten by their mouth. This is what brings those weight loss drops to our Number 5. .
The average bottle price is $29.99, and it contains 2 fl. Oz (60mL) or 120 servings. They suggest that you take 2-3 servings per day, about 10 minutes before your meals which roughly translates to one bottle lasting you approximately for 1,5 month. .
But stay with us, because if you want to know how to really reset your craving needs and metabolism, there's an even better choice that awaits you on our Number One pick!
Order Now at Amazon.
5+1 Things You Want To Ask About Diet Drops Supplements!
They will help you boost your metabolism and thus kickstart your body’s ability to consume fat in a rapid manner. Depending on their ingredients' formula and a low-fat diet (i.e. a 1200 calorie diet), weight loss drops can be one of or maybe the best way to lose weight for you!
Because a) they are the only choice if you're constantly on the go, so you don’t have to worry about having water with you to take them, like pills, and b) because you have trouble swallowing pills or tablets. .
Due to their most natural ingredients, our selection of best hcg drops is unlikely to affect your health in any negative way; however, you should always consult your physician before taking any health supplement. .
4. Can I Take Them Combined With Atkins Diet Or Low Carb Diet Or Diabetic Diet Or Even Vegan Diet Meal Plans?
If you are on a vegan diet, you should probably check the drops' label to ensure they are vegan; however, most of them are made with fully natural ingredients and herbal extracts, making them quite a safe choice. About protein diets, diabetic diets, Mediterranean diets and other diet plans, yes, they can be combined with various eating styles, as long as you make sure to remain healthy and strong!
5. I Want To Take Both Weight Loss Drops & Diet Pills, Can I Do That?
That may not be ideal as using both supplements might decrease your appetite to a point where it's longer safe for your body – but in the end, it is up to your personal nutrition advisor and/or physician to make this decision with you!
6. What are your criteria for choosing this 2022 Top 5 Diet Drops For Losing Weight?
We have tried and conducted thorough research to choose the drops that will help you shed those extra pounds fast and bring you closer to your dream body. We compared their strength, range of powerful ingredients, and then we summed up their pros and cons!
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**6.** <https://www.etsy.com/market/weight_loss_drops>

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TLC IASO RESOLUTION Drops.
Slim drops.
Keto Ultra Drops-Weight Loss/Fat Burner-60ml 2fl oz-Dr.Pelican.
Keto Drops: Weight Loss Ketogenic Supplement - Premium Fat Burner Formula, Suppress Appetite & Cravings, Fight High Body Fat.
Ultra Diet Drops w/ African Mango - 1 fl. oz. - Suppresses Appetite Weight Loss Increases Leptin Levels Supports Health Heart.
Pure Keto BHB Drops - Fat Release Keto Dietary Supplement.
CELERY JUICE DETOX Slimming Cure Natural Weight Loss Homemade Flat Tummy Anti Bloating Fat Burner Slim Down Pounds Digital Recipe.
Seamoss Gummies and Keto weight loss drops.
Raspberry African Mango Ketone Drops Dietary Supplement Made In USA Gotas Keto De Frambuesa Y Mango Africano Suplemento Dietetico Hecho USA.
30 Day Keto Weight Loss System Detox Tea Keto Drops Appetite Suppressant Fat Burner Total Body Weight Loss.
Lose Weight Living Bitters 16oz.
Weight Loss Detox Green Oxygen Alkaline Drops AlkahydroxyTM Lose Weight Just Drinking Water No Diarrhea University Certified By ALKA VITA.
Detox Keto Weightloss Drops ~ Loose Weight Fast ~ Free 28 Day Keto Meal Plan.
Chlorophyll Liquid Drops- 100% Natural, Alcohol & Gluten Free Liquid Chlorophyll | Energy Supplement, Immune Support, Natural Deodorant.
WEIGHT LOSS LEMONDADE.
Wholesale Keto Detox Drops / weight loss drops Fast Results 5 Bottles.
Extreme Weight Loss Spell Lose Body Fat Fast and Easy with this MOST Powerful Metabolism Spell 50 Pounds.
HCG Weekly Phase 2 Food Tracker | Weight Loss Journal, diet log, weight loss diary, diet log, Phase 2 food list, VLCD, Dr. Simeons.
Weight Loss Drops.
Liquid Chlorophyll: 2 oz Drops | Weight Loss, Energy, Immune Support, Body Odor.
Weight Loss Mushroom Tincture - Dual Extract - Shiitake, Cordyceps, Alpha GPC.
Weight Loss Drops, Skinny Drops, Weight loss supplements, Weight loss,Christmas gift, Birthday gift.
MAX Absorption Keto BHB Liquid Drops | Ketosis, Keto Diet, Boost Metabolism, Burn Fat, Suppress Appetite | For Women, Men | 2 Fl. Oz.
Drink2Shrink Drops.
Liquid Lipo / Weight Management/ 8 Sprays /Appetite Suppressant.
Siluetaya Raiz de Tejocote root mexican 100% natural weightloss detox and cleanse 3months supply fast and free shipping.
Burn Off Metabolism Boosting Herbal Extract.
RESOLUTION Diet Drops /TLC - Cut Cravings - Lose Weight.
Slimmer Drops.
BIOSLIM weight management drops. Supplement for men and women 20 ml.
6 x3 ml SLIM II - Slimming cellulite treatment serum ampoule fat burner burn weight loss no pills body double chin neck arms cream lotion.
KWU’s Diet Drops.
More colors.
Drink2Shrink Fat Blaster Drops -2-3 inches off your belly/stomach area in 30 days.
IDEALICA 100% Natural Weight management drops. Fat burner and appetite suppressant. 20ml.
HCG Diet Drops, 40 Day Supply.
Keto Drops Advanced Weight Loss 200 MG 2 FL.oz 2 Bottles.
STOP SUGAR CRAVINGS with a sniff!
Skinny Bitch Weight Loss Ritual Skin Oil - boosts confidence, helps heal the body, drops the weight, improves self love.
Parasite Intestinal Cleanse(Colon Cleanse Super Flush) All Organic Herbs Zero Fillers Or Binders.
"Bestseller:" This listing is a bestseller in the specific category.
"Free Shipping:" Information based on the seller's listing. See listing for more details.
"On Sale": Sales terms vary; subject to availability and change. See individual listings for details.
Does Etsy offer free shipping?
Shipping policies vary, but many of our sellers offer free shipping when you purchase from them. Typically, orders of $35 USD or more (within the same shop) qualify for free standard shipping from participating Etsy sellers.
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Found something you love but want to make it even more uniquely you? Good news! Many sellers on Etsy offer personalized, made-to-order items.
Open the listing page.
Choose the options you’d like for the order. This will differ depending on what options are available for the item.
Under “Add your personalization,” the text box will tell you what the seller needs to know. Fill out the requested information.
Click “Buy it now” or “Add to cart” and proceed to checkout.
Don’t see this option? The seller might still be able to personalize your item. Try contacting them via Messages to find out!
Does shopping on Etsy help support small businesses?
Absolutely! Our global marketplace is a vibrant community of real people connecting over special goods. With powerful tools and services, along with expert support and education, we help creative entrepreneurs start, manage, and scale their businesses. In 2020 alone, purchases on Etsy generated nearly $4 billion in income for small businesses. We also created 2.6 million jobs in the U.S.—enough to employ the entire city of Houston, TX!
Are the products on Etsy handmade?
From handmade pieces to vintage treasures ready to be loved again, Etsy is the global marketplace for unique and creative goods. It’s also home to a whole host of one-of-a-kind items made with love and extraordinary care. While many of the items on Etsy are handmade, you’ll also find craft supplies, digital items, and more.
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Etsy is powered by 100% renewable electricity.
Etsy’s 100% renewable electricity commitment includes the electricity used by the data centers that host Etsy.com, the Sell on Etsy app, and the Etsy app, as well as the electricity that powers Etsy’s global offices and employees working remotely from home in the US.
Some of the technologies we use are necessary for critical functions like security and site integrity, account authentication, security and privacy preferences, internal site usage and maintenance data, and to make the site work correctly for browsing and transactions.
Personalized Advertising.
To enable personalized advertising (like interest-based ads), we may share your data with our marketing and advertising partners using cookies and other technologies. Those partners may have their own information they’ve collected about you. Turning off the personalized advertising setting won’t stop you from seeing Etsy ads or impact Etsy's own personalization technologies, but it may make the ads you see less relevant or more repetitive.
This type of data sharing may be considered a “sale” of information under California privacy laws. Turning off personalized advertising opts you out of these “sales.” Learn more in our Privacy Policy. , Help Center , and Cookies & Similar Technologies Policy .

**7.** <https://www.clevescene.com/sponsored/best-weight-loss-drops-supplements-on-the-market-reviewed-by-experts-39495105>

**8.** <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/expert-answers/hcg-diet/faq-20058164>

This content does not have an English version.
Appointments at Mayo Clinic.
Answer From Katherine Zeratsky, R.D., L.D.
No on both counts. In fact, the Food and Drug Administration (FDA) has advised consumers to steer clear of over-the-counter weight-loss products that contain HCG. HCG is human chorionic gonadotropin, a hormone produced during pregnancy.
As a prescription medication, HCG is used mainly to treat fertility issues. HCG is not approved for over-the-counter use, nor has it been proved to work for weight loss. HCG medications are required to carry a label from the FDA noting that the medication is not effective for weight loss. Some over-the-counter HCG weight-loss products are labeled "homeopathic" — but the FDA says they're still not safe. Companies that sell over-the-counter HCG weight-loss products are breaking the law.
So why has there been so much talk about the HCG diet? Perhaps it's because the diet recommends severe calorie restriction — typically just 500 to 800 calories a day. People who follow diets so low in calories are likely to lose weight, at least in the short term. Some research has linked HCG weight-loss products to a possible increase in cancer risk. HCG might encourage the production of androgen cells, which could result in the growth of certain types of cancers.
However, diets that so severely limit calories have risks, such as gallstone formation, irregular heartbeat, limited intake of vitamins and minerals, and an imbalance of electrolytes.
Side effects have also been reported with the HCG diet and include fatigue, irritability, restlessness, depression, fluid buildup (edema), and swelling of the breasts in boys and men (gynecomastia). Another serious concern is the risk of blood clots forming and blocking blood vessels (thromboembolism).
If weight loss is your goal, there are safer ways to lose weight. Talk with your doctor or other health care provider about how to make healthy changes that lead to permanent weight loss, such as eating a balanced diet and getting regular exercise.
From Mayo Clinic to your inbox.
Sign up for free, and stay up to date on research advancements, health tips and current health topics, like COVID-19, plus expertise on managing health.
Learn more about Mayo Clinic’s use of data.
To provide you with the most relevant and helpful information, and understand which information is beneficial, we may combine your email and website usage information with other information we have about you. If you are a Mayo Clinic patient, this could include protected health information. If we combine this information with your protected health information, we will treat all of that information as protected health information and will only use or disclose that information as set forth in our notice of privacy practices. You may opt-out of email communications at any time by clicking on the unsubscribe link in the e-mail.
You'll soon start receiving the latest Mayo Clinic health information you requested in your inbox.
Sorry something went wrong with your subscription.
HCG diet products are illegal. U.S. Food and Drug Administration. https://www.fda.gov/consumers/consumer-updates/hcg-diet-products-are-illegal. Accessed Sept. 22, 2019.
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Chorionic gonadotropin, human (hCG) injection. Facts & Comparisons eAnswers. https://www.wolterskluwercdi.com/facts-comparisons-online/. Accessed Aug. 20, 2019.
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Mayo Clinic on Incontinence - Mayo Clinic PressMayo Clinic on Incontinence.
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**9.** <https://www.webmd.com/diet/hcg-and-weight-loss>

Take a "natural" hormone the body makes during pregnancy -- and lose a lot of weight? That's the promise that's turned the hCG Diet -- named after that hormone -- into a craze that just won't quit. If you also go on an ultra-low-calorie diet, backers claim, hCG can “reset your metabolism ” so you lose as much as a pound a day without feeling hungry or weak.
Here's what the science says: Any super-low-cal diet will result in weight loss. Most studies have found that hCG (stands for human chorionic gonadotropin) has nothing to do with it.
The hCG diet limits you to 500 calories a day for 8 weeks while taking hCG, either by getting a shot or by taking a “homeopathic” product, such as oral drops, pellets, or sprays, which you can buy at the store.
None of this is approved by the FDA for weight loss. The shots themselves are legal, as long as a health care provider gives them to you. (They're approved to treat fertility issues.) But over-the-counter hCG products are not. The FDA has sent warning letters to several companies that market homeopathic hCG products.
You won't be eating much. The diet lets you have two meals a day, lunch and dinner. Each meal has to include one protein, one vegetable, one bread, and one fruit.
You can broil or grill veal, beef, chicken breast , fresh white fish, lobster, crab, or shrimp as long you don’t eat any visible fat. No salmon, eel, tuna, herring, or dried or pickled fish are allowed.
Vegetable choices include spinach, chard, chicory, beet greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, and cabbage.
Bread can be one breadstick or one piece of melba toast.
For fruit, you can choose an orange, an apple, a handful of strawberries, or half a grapefruit. The diet allows as much water, coffee, and tea as you want. You can also have up to 1 tablespoon of milk per day.
It's very hard to stick with the strict calorie limit. Not only is it uncomfortable to live on just 500 calories a day, it can be dangerous. It’s impossible to meet all your nutritional needs on so few calories. You may not get enough protein, either. If you're getting less than 1,200 calories a day, it's going to be challenging to get enough vitamins and minerals without supplements .
Doctors sometimes recommend a very-low-calorie diet (under 1,000 calories per day) if someone is obese and has a medical condition such as high blood pressure, but these diets must be carefully supervised by a doctor.
Vegetarians and vegans: Its fans say anyone can follow the hCG diet. But that doesn’t mean it’s safe, especially for vegetarians. The diet's creators say that vegetarians would have to drink extra skim milk to make up for not getting protein from meat and other sources. Because it includes dairy, it's not a vegan diet .
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By clicking Subscribe, I agree to the WebMD Terms & Conditions & Privacy Policy and understand that I may opt out of WebMD subscriptions at any time.

**10.** <https://www.ebay.com/b/L-Carnitine-Drops-Weight-Loss-Supplements/181007/bn_72680365>

Belly Fat Burner Drops to Lose Stomach Fat Weight Loss Drops for Women & Men.
Diet Drops Weight Loss Drops Fat Burner Appetite Suppressant 1oz, Pack of 2.
SPONSORED.
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Keto Diet Drops 2 oz Raspberry Ketones Max Appetite Suppressant Lean Fat Burner.
Raspberry Keto Diet Drops Fat Burn Weight Loss Supplement Accelerated Ketosis.
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Weight Loss Drops Diet Drops Metabolism Booster Appetite Suppressant 2oz 2Packs.
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**root cause of weight gain**

**1.** <https://www.nichd.nih.gov/health/topics/obesity/conditioninfo/cause>

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About Funding Opportunities & Notices.
National Advisory Board on Medical Rehabilitation Research (NABMRR).
En Español.
Several factors can play a role in gaining and retaining excess weight. These include diet, lack of exercise, environmental factors, and genetics. Some of these factors are discussed briefly in the following section. The National Heart, Lung, and Blood Institute offers more information on the causes of overweight and obesity.
People gain weight when they eat more calories than they burn through activity. This imbalance is the greatest contributor to weight gain.
Environment.
The world around us influences our ability to maintain a healthy weight. For example:.
Not having area parks, sidewalks, and affordable gyms makes it hard for people to be physically active.
Oversized food portions increase Americans’ calorie intake, making even more physical activity necessary to maintain a healthy weight.
Research shows that genetics plays a role in obesity. Genes can directly cause obesity in such disorders as Prader-Willi syndrome .
Genes also may contribute to a person’s susceptibility to weight gain. Scientists believe that genes may increase a person’s likelihood of having obesity but that outside factors, such as an abundant food supply or little physical activity, also may be required for a person to have excess weight. 2.
Some hormone problems may cause overweight and obesity, such as underactive thyroid, Cushing syndrome and polycystic ovary syndrome .
Studies also have found that the less people sleep, the more likely they are to have overweight or obesity. This is partly because hormones that are released during sleep help control appetite and the body’s use of energy. 1.
Open Citations.
National Heart, Lung, and Blood Institute. (2012). What causes overweight and obesity? Retrieved August 8, 2012, from https://www.nhlbi.nih.gov/health-topics/overweight-and-obesity.
Science Update: Hormone prevents obesity in offspring of pregnant mice with obesity, according to NIH-funded study.
Science Update: Pre-pregnancy obesity may increase child asthma risk, NIH study suggests.

**2.** <https://www.healthline.com/nutrition/10-causes-of-weight-gain>

By Kris Gunnars, BSc — Updated on May 4, 2018.
It’s associated with several related conditions, collectively known as metabolic syndrome. These include high blood pressure, elevated blood sugar and a poor blood lipid profile.
People with metabolic syndrome are at a much higher risk of heart disease and type 2 diabetes, compared to those whose weight is in a normal range.
Over the past decades, much research has focused on the causes of obesity and how it could be prevented or treated.
Share on Pinterest.
That’s not entirely true . Although weight gain is largely a result of eating behavior and lifestyle, some people are at a disadvantage when it comes to controlling their eating habits.
The thing is, overeating is driven by various biological factors like genetics and hormones. Certain people are simply predisposed to gaining weight (.
Of course, people can overcome their genetic disadvantages by changing their lifestyle and behavior. Lifestyle changes require willpower, dedication and perseverance.
Nevertheless, claims that behavior is purely a function of willpower is far too simplistic.
They don’t take into account all the other factors that ultimately determine what people do and when they do it.
Here are 10 factors that are leading causes of weight gain, obesity and metabolic disease, many of which have nothing to do with willpower.
1. Genetics.
Obesity has a strong genetic component. Children of parents with obesity are much more likely to have obesity than children of lean parents.
That doesn’t mean that obesity is completely predetermined. What you eat can have a major effect on which genes are expressed and which are not.
Non-industrialized societies rapidly develop obesity when they start eating a typical Western diet. Their genes didn’t change, but the environment and the signals they sent to their genes did.
2. Engineered Junk Foods.
Heavily processed foods are often little more than refined ingredients mixed with additives.
These products are designed to be cheap, last long on the shelf and taste so incredibly good that they are hard to resist.
By making foods as tasty as possible, food manufacturers are trying to increase sales. But they also promote overeating .
Most processed foods today don’t resemble whole foods at all. These are highly engineered products, designed to get people hooked.
In fact, these foods are often compared to commonly abused drugs like alcohol, cocaine, nicotine and cannabis.
Junk foods can cause addiction in susceptible individuals. These people lose control over their eating behavior, similar to people struggling with alcohol addiction losing control over their drinking behavior.
Addiction is a complex issue that can be very difficult to overcome. When you become addicted to something, you lose your freedom of choice and the biochemistry in your brain starts calling the shots for you.
Summary Some people experience strong food cravings or addiction. This especially applies to sugar-sweetened, high-fat junk foods which stimulate the reward centers in the brain.
4. Aggressive Marketing.
Junk food producers are very aggressive marketers.
Their tactics can get unethical at times and they sometimes try to market very unhealthy products as healthy foods.
These companies also make misleading claims. What’s worse, they target their marketing specifically towards children.
In today’s world, children are developing obesity and becoming diabetic and addicted to junk foods long before they’re old enough to make informed decisions about these things.
Summary Food producers spend a lot of money marketing junk food, sometimes specifically targeting children, who don’t have the knowledge and experience to realize they are being misled.
5. Insulin.
Insulin is a very important hormone that regulates energy storage, among other things.
One of its functions is to tell fat cells to store fat and to hold on to the fat they already carry.
The Western diet promotes insulin resistance in many overweight and individuals with obesity. This elevates insulin levels all over the body, causing energy to get stored in fat cells instead of being available for use (.
While insulin’s role in obesity is controversial, several studies suggest that high insulin levels have a causal role in the development of obesity (.
One of the best ways to lower your insulin is to cut back on simple or refined carbohydrates while increasing fiber intake (.
This usually leads to an automatic reduction in calorie intake and effortless weight loss — no calorie counting or portion control needed (.
Summary High insulin levels and insulin resistance are linked to the development of obesity. To lower insulin levels, reduce your intake of refined carbs and eat more fiber.
6. Certain Medications.
These drugs don’t decrease your willpower. They alter the function of your body and brain, reducing metabolic rate or increasing appetite (.
7. Leptin Resistance.
Leptin is another hormone that plays an important role in obesity.
It is produced by fat cells and its blood levels increase with higher fat mass. For this reason, leptin levels are especially high in people with obesity.
In healthy people, high leptin levels are linked to reduced appetite. When working properly, it should tell your brain how high your fat stores are.
The problem is that leptin isn’t working as it should in many people who have obesity, because for some reason it cannot cross the blood-brain barrier (.
This condition is called leptin resistance and is believed to be a leading factor in the pathogenesis of obesity.
8. Food Availability.
Another factor that dramatically influences people’s waistline is food availability, which has increased massively in the past few centuries.
Food, especially junk food, is everywhere now. Shops display tempting foods where they are most likely to gain your attention.
Another problem is that junk food is often cheaper than healthy, whole foods, especially in America.
Some people, especially in poorer neighborhoods, don’t even have the option of purchasing real foods, like fresh fruit and vegetables.
Convenience stores in these areas only sell sodas, candy and processed, packaged junk foods .
Summary In some areas, finding fresh, whole foods may be difficult or expensive, leaving people no choice but to buy unhealthy junk foods.
9. Sugar.
That’s because sugar changes the hormones and biochemistry of your body when consumed in excess. This, in turn, contributes to weight gain .
Added sugar is half glucose, half fructose. People get glucose from a variety of foods, including starches, but the majority of fructose comes from added sugar.
Excess fructose intake may cause insulin resistance and elevated insulin levels. It also doesn’t promote satiety in the same way glucose does (.
For all these reasons, sugar contributes to increased energy storage and, ultimately, obesity.
People all over the world are being misinformed about health and nutrition .
Many websites, for example, spread inaccurate or even incorrect information about health and nutrition.
Some news outlets also oversimplify or misinterpret the results of scientific studies and the results are frequently taken out of context.
Other information may simply be outdated or based on theories that have never been fully proven.
Food companies also play a role. Some promote products, such as weight loss supplements, that do not work.
Weight loss strategies based on false information can hold back your progress. It’s important to choose your sources well.
The Bottom Line.
If you have concerns about your waistline, you should not use this article as an excuse to give up.
While you can’t fully control the way your body works, you can learn how to control your eating habits and change your lifestyle.
Unless there is some medical condition getting in your way, it is within your power to control your weight .
It often takes hard work and a drastic lifestyle change, but many people do succeed in the long run despite having the odds stacked against them.
The point of this article is to open people’s minds to the fact that something other than individual responsibility plays a role in the obesity epidemic.
The fact is that modern eating habits and food culture must be changed to be able to reverse this problem on a global scale.
The idea that it is all caused by a lack of willpower is exactly what food producers want you to believe, so they can continue their marketing in peace.
By Adda Bjarnadottir, MS, RDN (Ice).
Even though poor diet and inactivity can lead to obesity, it's not always that simple. Here are 9 reasons why obesity is not just an individual choice.
By Jillian Kubala, MS, RD.
Weight gain can be extremely frustrating, especially when you don’t know what’s causing it. Here are 9 reasons you may be gaining weight….
By Rachael Link, MS, RD.
Diet and exercise may be key components of weight loss for women, but many other factors play a role. Here are the top 23 weight loss tips for women.
By Jillian Kubala, MS, RD.
Your health should be a main priority throughout your life, but unfortunately, most weight loss methods are inappropriate and unsustainable. This….
Medically reviewed by Alana Biggers, M.D., MPH.
Learn all about bariatric surgery, including the different types of procedures, who qualifies for them, what they cost, and how much weight loss you….
Average Age for Knee Replacement Surgery Is Dropping Due to Obesity.
New research finds that increases in rates of obesity are leading to more people needing total knee replacements at a younger age, but even modest….
Study Highlights Need for Tailored Weight Loss Plans to Treat Obesity.
Popular diet and exercise plans often aren't a successful way to lose weight for those living with obesity but custom plans may yield better results….
Medically reviewed by Angela M. Bell, MD, FACP.
Obesity can affect nearly every system in the body. Here are the long-term effects of obesity, so you can get started with a healthier lifestyle.
Lawsuit: Coca-Cola Uses False Advertising to Sell Unhealthy Drinks.
A lawsuit alleged that executives from the soda company recruited researchers to distract attention from their product’s negative health effects.
READ MORE.
People Who Are Overweight in Middle Age Face More Health Issues When They’re Older.
Researchers say people with overweight or obesity in their 40s and 50s are more likely to face health effects past the age of 65.
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**3.** <https://possible.in/7-root-causes-of-weight-gain.html>

**4.** <https://www.worldobesity.org/what-we-do/our-policy-priorities/the-roots-of-obesity>

The ROOTS of Obesity.
People with obesity are constantly shamed and blamed for their disease. This is because many people - including doctors, policymakers, and others - do not understand that obesity is a chronic disease.
They see it as a simple lack of willpower, laziness, or a refusal to "eat less and move more". But like all chronic diseases, the root causes of obesity run much deeper. They can be genetic, psychological, sociocultural, economic and environmental. It is time we break the cycle of shame and blame and reevaluate our approach for addressing this complex chronic disease that affects 650 million people worldwide.
The roots of Obesity.
To have a real impact on obesity, we need to work together to address its many root causes throughout society. Simplifying the disease to any one cause can make treating it even harder. So we must raise awareness and improve access to the appropriate information.
Biology.
The human body has in-built mechanisms to protect itself from starvation – this can make it hard to maintain weight loss.
The body is designed with an important defense system to prevent starvation. But when we gain excess body fat, this system defends our higher fat level.
Body fat produces an important hormone, leptin, which signals the brain how much fat is stored. When fat levels fall and leptin falls, the brain interprets this as starvation and switches metabolism to energy saving, and changes appetite to increased hunger and decreased fullness. This works well to keep our body weight from falling. .
But this system is not so good at adapting when we gain extra fat. The body’s response to high leptin levels doesn’t always work… the brain seems to have “leptin resistance.” When we try to lose weight, fat and leptin levels fall and the body increases hunger, decreases fullness and conserves energy. This resists weight loss and promotes weight regain. When we try to lose weight and keep it off, we are in a ‘tug of war’ with our body’s regulatory system.
Proven strategies to fight weight regain are to adopt behavior that help overcome the biology. These include monitoring weight, eating regular and healthy meals and engaging in daily physical activity.
Food.
Over the past few decades, the food environment has changed dramatically. Most notably, there has been a significant increase in processed foods which are widely available, calorie-dense, nutrient-poor, affordable and heavily promoted. The desirable taste and textures of processed foods, combined with the appealing packaging and extensive marketing, are associated with brain appetitive control systems that increase appetite, food motivation, and food reward value and can result in increased food intake. Typically, processed foods are also much cheaper than more nutritionally beneficial and unprocessed foods which further displaces healthy food consumption, especially in more disadvantaged populations.
The obesity epidemic has emerged in the last 40 years, and mirrors these changes in the food environment. Once associated with Western diets, the increase in processed foods is now seen in many low- and middle-income countries and is undermining local diets and contributing to the rapid rise in obesity.
Genetic Risk.
We inherit our genes from our parents, and it has been estimated that 40-70% of our chance of having obesity is due to our genes. There have now been hundreds of genes identified which can contribute to the risk of obesity. Most of these genes by themselves have a small effect, but when combined can significantly increase the risk for obesity. While our genes play a fundamental role in influencing our risk for obesity, how our genes interact with our environment can impact this risk, in both good and bad ways. While our genes influence our risk for obesity; the impact of their contribution can be modified by environmental factors such as our lifestyle habits.
Healthcare Access.
Without access to trained providers, most people who suffer from Obesity won’t reach and maintain a healthy long-term weight goal.
In almost all high income countries, people who suffer from the chronic disease of obesity must be provided with affordable and reimbursable access to specialized healthcare providers who can treat the disease with individualized treatment approaches of diet, anti-obesity medication, behavior and exercise options that are unique to the individual; in some cases that may also include surgical intervention.
Care provided by a properly trained clinician who either specializes in Obesity Medicine or has extensive training in the use of anti-obesity medication and treatment plan options, is still not readily available in most areas. Obesity is a complex, chronic disease with many contributing factors that challenge primary care and obesity medicine specialists alike, but without access to properly trained specialty providers, most people who suffer from Obesity will not be able to reach and maintain a healthy long-term weight goal.
Access to healthcare in itself can be challenging based on geographic clinician shortages, transportation barriers, insurance coverage and the lack of trained obesity medicine specialists, especially since most Medical School programs do not offer specialized Obesity care curriculum yet.
The general lack of awareness that obesity is indeed a disease within the medical community at large, and the public’s belief that obesity is the result of a lifestyle choice and not a disease, creates an additional barrier to treatment. This is especially the case in low- and middle-income countries, where health systems are especially poorly equipped to manage the challenge. A recent study of obesity in health systems in more than 60 countries found that most lack adequate services to tackle obesity. The main reasons mentioned for lack of treatment were lack of care pathways from family physician to secondary services; insufficient secondary, multi-disciplinary services and trained professionals; high costs to patients; the prevailing obesogenic environment; and stigma experienced by patients within the health care services. In many countries, merely entering the health system – and remaining in it – are cited as being among the biggest hurdles faced by patients living with obesity. Respondents in 47% of the countries stated that there were difficulties obtaining referrals for obesity treatment, while a lack of treatment options and clear pathways to treatment were mentioned as problems, especially in lower-income countries.
Respondents in 37 countries (54%) stated that the main funding for treatment would be provided by the patient (‘out-of-pocket’ payments) while in only four countries (6%) re-spondents stated that government funding or insurance funding was the main means for paying for treatment. This is exacerbated by the lack of training for health care profes-sionals in obesity diagnosis, management and treatment. Specific skills that are currently missing in most healthcare systems are: proper obesity diagnosis, recognising endocrine or orthopaedic problems, providing bariatric surgical skills, providing expert advice in pregnancy, providing appropriate advice on nutrition and physical activity, and providing psychological and behavioural support. Furthermore, these skills should be part of the necessary training of a multidisciplinary team to support treatment and follow-up, which is missing in an overwhelming majority of healthcare systems.
When it comes to the complex treatment of obesity, we must focus on disease awareness, specialty clinician availability, early diagnosis and access to specialty care for all life stages from pediatric patients to senior adults. Long term access to specialized obesity medicine care is key to the success in treating obesity.
Life Events.
Events that occur across the course of one’s life can be drivers of weight gain. Infancy and prenatal life are critical periods where nutritional factors can predispose to obesity in adulthood.
Early adulthood: In high-income countries like the United States, from age 20-40, average weight gain is 1-2 pounds (1/2 to 1 kg) per year. Some people gain even more than average, especially when exposed to weight gain drivers like sedentary lifestyle, emotional or financial stress and sleep disturbances or shift work.
Pregnancy: With the birth of every child, the mother will retain on average 2 pounds (1 kilogram). Some women retain more. That adds up with multiple births. Menopause in women: While studies don’t confirm excess weight gain with menopause itself, there is a shift in body fat distribution to a less favourable, “apple shape” pattern, which is associated with more risk for diabetes and heart disease.
Some Illnesses (such as depression) and some medications (such as steroids for asthma and some antidepressants) can produce weight gain. If you are struggling with your weight, bring a list of your medications to your health care provider. Changing medications associated with weight gain may help with weight loss.
Marketing.
There is a complex relationship between food systems and health, with marketing of foodstuffs having a known link to obesity.
Obesogenic environments (comprised of many different elements, including food availability, affordability, public transportation, and marketing, among others) have been proven to promote obesity in individuals and populations.
Together, these components transform food environments and food systems. Unfortunately, in low-middle income countries (LMICs), unhealthy food environments are the norm. Over the past ten years, the role of marketing in food environments has been studied at length.
In Latin America, for example, studies have shown that marketing strategies are used to appeal to children through the use of cartoon characters, promotions, and product placement. There is significant evidence that marketing influences consumption choices and that it is associated with a poor-quality diet. This includes the consumption of ultra-processed foods which we now know cause obesity. Furthermore, interventions to restrict the reach of marketing have been effective in reducing children’s exposure despite food industry interference, which continues to be a significant barrier to implementing and treating obesity.
Mental Health.
Obesity and mental health are deeply entwined. Some mental health disorders can have symptoms such as lethargy, decreased sleep, excessive sleep, and increased appetite, which can lead to weight gain. Some treatments for mental health disorders (e.g. antidepressant and antipsychotic medication) have been associated with moderate to significant weight gain. Research has observed that individuals who have genes that are associated with having a high BMI are at a greater risk of having depression. Experiencing weight stigma can also increase risk for mental health disorders (e.g. anxiety and depression).
Sleep.
Lack of sleep (both duration and quality) is linked to diseases such as cardiovascular disease, depression, and obesity. Specifically, when it comes to obesity, a lack of sleep can disrupt hormones such as increased cortisol (a stress hormone linked to weight gain) and increased ghrelin (a hormone that stimulates appetite and cravings), and decreased leptin (a hormone that tells your brain when you are full). High levels of stress hormones can make you more likely to crave sugary, fatty and salty foods. Managing sleep problems can help you have more energy, eat less and generally feel better. Reducing day-to-day stress levels where you can or improving ways you deal with stress can lead to positive effects on these factors, as well as on your overall weight-management plan.
Stigma.
Weight bias are negative attitudes and beliefs we have about people living in larger bodies. Obesity stigma are deeply ingrained social stereotypes associated with obesity and people affected by obesity. Weight discrimination is the unjust treatment of individuals because of their weight. Weight bias, stigma and discrimination can have significant physical, psychological and psychosocial consequences. Obesity stigma can increase risk for obesity (e.g. increased stress hormones that promote weight gain, behaviours that promote weight gain such as avoiding health promoting environments for fear of being shame and blamed for one’s weight). Obesity stigma can also have social and economic consequences for individuals living with obesity, such as fewer opportunities for education and employment. .
Internalized weight bias, or self-directed bias, is the extent to which individuals living with obesity endorse negative weight-biased beliefs about themselves and can impact health and obesity management outcomes.
ROOTS: A framework for action.
Obesity organisations around the world are advocating for national and global policy changes to address the root causes of obesity.
The ‘ROOTS’ Framework provides suggestions for obesity policy and advocacy that can be adapted to different national settings. It has been developed with the input of obesity experts and organisations across the globe. Although our recommendations are not all universally applicable, they provide ideas and inspiration that can be adopted or adapted in various settings to address the root causes of obesity. .
Global Obesity Observatory.
We offer various statistics, maps and key data around the topic of obesity. You can find all that and more here.
Our Policy Priorities.
We have developed five key areas of policy that are a priority to us. Want to know more? Check them out here!
Sign up now.
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**5.** <https://www.medicalnewstoday.com/articles/324872>

Summary.
Most people experience fluctuations in their weight, and it is common to gain weight over time. However, if a person gains weight in a very short time for no clear reason, this could be a sign of an underlying health condition.
Anyone who experiences rapid weight gain that is not due to one of the above causes or that affects their quality of life should see a doctor.
1. Medication.
Certain medications can cause people to gain weight rapidly. According to the Obesity Action Coalition , some medicines can make people gain up to several pounds a month as a side effect.
2. Insomnia.
Research has shown that a lack of sleep can lead to weight gain. Changes in sleep cycles can affect eating patterns and mood, causing people to overeat.
The authors of a 2013 study found that sleep-deprived people ate more carbohydrates than were necessary to meet their energy needs, which led to weight gain.
3. Quitting smoking.
Some people gain weight initially when they stop smoking tobacco products. Experts believe that this occurs both because nicotine suppresses appetite and because withdrawal symptoms may include stress, which can lead to overeating.
1 kilogram (kg).
is the average weight gain in the first month after quitting cigarette smoking. The majority of a person’s weight gain seems to occur during the first 3 months after quitting smoking , with the rate of weight gain appearing to slow down by the 6-month mark.
research.
found that 16 percent of people lost weight in the first year of not smoking while 13 percent gained over 10 kg.
4. Polycystic ovary syndrome.
People with polycystic ovary syndrome (PCOS) may find that they gain weight easily around their middle. PCOS causes the ovaries to produce abnormally high levels of male sex hormones.
Although there is no cure for PCOS, a doctor can recommend lifestyle changes, such as exercising more and eating a healthful diet, that may reduce symptoms. Hormonal medications can also help control symptoms.
5. Heart failure.
Rapid weight gain or swelling in particular areas of the body can be due to fluid retention and may be a sign of heart failure .
American Heart Association.
, a weight gain of more than 2–3 pounds (lb) over 24 hours or 5 lb in a week could be a sign of heart failure.
However, it is vital to note that a person’s weight usually fluctuates by a few pounds over the course of a day. If their weight returns to normal and they do not have additional symptoms, the temporary increase could be due to normal bloating and fluid retention.
If blood is flowing slowly to and from the heart, it affects the function of other major organs in the body. As a result, fluid collects in the tissues, which causes weight gain and swelling.
difficulty sleeping or lying flat.
If people are experiencing any of these symptoms alongside rapid weight gain or unexplained swelling, they should seek medical attention.
6. Kidney problems.
Sudden weight gain or swelling in the body could be a symptom of kidney disease, such as kidney failure or nephrotic syndrome, which is damage to the kidneys.
If the kidneys are not functioning correctly, the body may retain fluid, resulting in weight gain. Damaged kidneys are not able to remove waste and fluids from the body properly, so these build up in the tissues.
Swelling due to kidney problems usually affects the legs, ankles, or feet.
7. Cirrhosis.
If people experience rapid weight gain and their abdomen looks enlarged, this may indicate cirrhosis .
Cirrhosis is a condition in which scar tissue replaces healthy tissue in the liver, and it can cause fluid to build up in the abdominal cavity. This abnormal buildup of fluid is called ascites.
If people are already having treatment for ascites, they should contact their doctor if they gain more than 2 lb a day for 3 days in a row.
8. Thyroid disorder.
A thyroid disorder called hypothyroidism can slow down the metabolism, which can result in weight gain. Thyroid problems can also cause the body to retain fluid because of the effects of hypothyroidism on the kidneys.
9. Cushing’s syndrome.
Cushing’s syndrome occurs when the body produces too much cortisol over a prolonged period. Cortisol is a hormone that enables the body to respond to stress.
rare.
for a person to develop Cushing’s syndrome without an external trigger. Cushing’s syndrome is more commonly a side effect of taking glucocorticoids, which are drugs that can treat conditions such as rheumatoid arthritis , asthma , and systemic lupus erythematosus.
If a medication is causing Cushing’s syndrome, a person should speak to a doctor about the possibility of changing their treatment plan.
10. Acromegaly.
Acromegaly is a hormonal condition that happens when the pituitary gland produces too much growth hormone. It most commonly presents in middle adulthood.
The main symptom of acromegaly is an enlargement of the feet and hands. People may notice that their shoes or rings no longer fit properly. The lips, tongue, and nose may also become enlarged.
obstructive sleep apnea and snoring.
11. Ovarian cancer.
Sudden or unexplained weight gain and bloating may be a sign of ovarian cancer . Other symptoms of ovarian cancer include:.
indigestion.
Ovarian cancer often reaches the later stages without detection, so anyone with abnormal pain in the pelvic region should speak to a doctor. Diagnosing cancer at an earlier stage generally results in a better prognosis.
When to see a doctor.
The doctor will ask about the individual’s medical history and any additional symptoms. They may carry out a physical examination and blood tests or refer the person to a specialist.
Summary.
Weight gain and fluctuations in weight can happen for a variety of reasons. Many people progressively gain weight as they age or make changes to their lifestyle.
However, fast weight gain can be a sign of an underlying health condition, such as a problem with the thyroid, kidneys, or heart.
Anyone who experiences rapid, unexplained weight gain should see their doctor to determine the underlying cause and develop a treatment plan.
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Medically reviewed by Valinda Riggins Nwadike, MD, MPH.
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**6.** <https://www.tampabay.com/news/health/explore-the-root-causes-of-your-weight-gain-to-head-them-off/2222084/>

Health.
Published Mar. 19, 2015.
If you're like most Americans, regardless of your size your body weight fluctuates throughout the year. For frequent dieters, those fluctuations can be quite dramatic and large. But, even people who manage their weight relatively successfully experience weight changes through time, although those changes may be less significant.
It's logical that some weight fluctuations are normal. Nobody eats the same number of calories each day, nor is their daily activity level exactly the same. In addition, the typical American lifestyle involves seasons, vacations and holidays, when people are more likely to gain weight due to increased eating or other factors.
The typical dieter's mentality would have you get upset at the first sign of weight gain and then immediately try to get on a restrictive diet. However, that may not be the smartest thing to do if you want to successfully get back to your trimmer self. There may be a simpler, easier and more comfortable solution.
The fact is that there can be numerous reasons you've gained weight. You might be eating the same amount but not exercising as much as you did before the weight gain. You might be eating about the same quantity of food but eating food of poorer quality. You might be overeating despite eating nutritious foods. Perhaps you've been under a tremendous amount of stress, which has been causing you to eat poorly and avoid exercise. You might even find that in the past few weeks you've been drinking more alcohol due to more dinner parties and not counting the drinks as part of your caloric intake. It might even seem like you're eating and exercising the same amount except for the additional two or three Girl Scout cookies each day (which don't seem like much on a daily basis but can add up to a significant amount over several weeks).
The best way to address a recent weight gain is to approach the matter like a detective. Try following these simple steps:.
1. Don't get upset about gaining weight. That will not help or fix the problem. Remember that to expect that your weight never fluctuate is not logical. After all, you wouldn't expect your house never to get dirty even though there's daily traffic going in and out and you just had a big birthday party for your child. Human bodies require regular maintenance. Sometimes that means tweaking things a little whenever it seems to be getting out of its healthy weight range, so stay cool.
2. Don't assume you've gained weight only because you're eating too much, and that you must get on a diet. Investigate what has changed from your usual healthful lifestyle. Your body reflects changes you've made. Is the weight gain a matter of too little exercise, large portion sizes, poor food choices, excessive drinking, chronic stress or just daily intake of Girl Scout cookies?
3. Zero in on the culprits and make a step-by-step plan for how to alter or eliminate them. Sometimes it means decreasing something (such as Girl Scout cookie consumption or stress). Other times it's about increasing something (such as exercise or nutritious foods). Wouldn't it be easier to focus on the Girl Scout cookies, if they're the cause of your weight gain, rather than get on an all-encompassing rigid and depriving diet?
Subscribe to our free DayStarter newsletter.
Explore all your options.
4. Make sure you have a reasonable and achievable plan. If something needs to be eliminated and the thought of doing it cold turkey doesn't feel overwhelming, go right ahead. If it does feel overwhelming, it's better to make a plan that gradually eliminates the culprit of your weight gain than to set goals that are too big and lead to failure and a feeling of defeat. This is about reacting in a smarter way — by understanding how your mind works best. If your initial plan begins to feel overwhelming, simply break the larger steps into smaller, more comfortable steps.
5. Maintain your focus on the root cause and don't allow yourself to get distracted and on yet another rigid diet. If you fall back into this pattern you won't have learned how to avoid the issue that caused the weight gain in the first place. However, if you maintain your focus, you'll become better and better at stopping the weight-gain perpetrator sooner next time.
Weight fluctuations are a normal part of life, and they can be dealt with easily if you approach the matter calmly and wisely. When you gain weight, don't impulsively get on a diet. Assess why, and zero in on the real problem.
Dr. Lavinia Rodriguez is a Tampa psychologist and expert in weight management. She is the author of "Mind Over Fat Matters: Conquering Psychological Barriers to Weight Management." Send questions to her at drrod@fatmatters.com.
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**7.** <https://www.emetabolic.com/locations/centers/amarillo/blog/how-to-find-the-root-cause-of-your-weight-gain/>

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**9.** <https://www.webmd.com/diet/ss/slideshow-weight-gain-shockers>

1/17.
If you started taking in more calories than usual or cutting back on exercise, you wouldn't be surprised if the numbers on the scale crept higher. But what if you're doing everything the same as you always do, and your weight still goes up? It's time to delve a little deeper into what else might be going on.
2/17.
There are two issues at work with sleep and weight gain. First, if you're up late, the odds are greater that you're doing some late-night snacking, which means more calories. The other reason involves what's going on in your body when you're sleep-deprived. Changes in hormone levels increase hunger and appetite and also make you feel not as full after eating.
3/17.
When life's demands get too intense, our bodies go into survival mode. Cortisol, the "stress hormone," is secreted, which causes an increase in appetite. And of course, we may reach for high-calorie comfort foods in times of stress as well. This combination is a perfect breeding ground for weight gain.
4/17.
An unfortunate side effect from some antidepressants is weight gain. Talk to your doctor about making changes to your treatment plan if you think your antidepressant is causing weight gain. But never stop or change your medication on your own. Realize that some people experience weight gain after beginning drug treatment simply because they're feeling better, which leads to a better appetite. Also, depression itself can cause changes in weight.
5/17.
Anti-inflammatory steroid medications like prednisone are notorious for causing weight gain. Fluid retention and increased appetite are the main reasons. Some people may also see a temporary change in where their body holds fat while taking steroids -- to places like the face, the belly, or the back of the neck. If you've taken steroids for more than a week, don't stop them abruptly. That can lead to serious problems. Check with your doctor first.
6/17.
Several other prescription drugs are linked to weight gain. The list includes antipsychotic drugs (used to treat disorders like schizophrenia and bipolar disorder), along with medications to treat migraines, seizures, high blood pressure, and diabetes. Work with your doctor to find a medication that treats your symptoms and lessens side effects.
7/17.
Contrary to popular belief, combination birth control pills (estrogen and progestin) aren't proven to cause lasting weight gain. It is thought that some women taking the combination pill may experience some weight gain related to fluid retention, but this is usually short-term. If you're still concerned about possible weight gain, talk to your doctor.
8/17.
If your thyroid (the butterfly-shaped gland in the front of your neck) is not making enough thyroid hormone, you're probably feeling tired, weak, and cold, and gaining weight. Without enough thyroid hormone, your metabolism slows, making weight gain more likely. Even a thyroid functioning at the lower end of the normal range might cause weight gain. Treating hypothyroidism with medication may reverse some of the weight gain.
9/17.
Most women do gain some weight around the time of menopause, but hormones probably aren't the only cause. Aging slows your metabolism, so you burn fewer calories. And changes in lifestyle (such as exercising less) play a role. But where you gain weight may be related to menopause, with fat accumulating around your waist more than your hips and thighs.
10/17.
Weight gain is a common symptom of Cushing's syndrome, a condition in which you are exposed to too much of the stress hormone cortisol, which in turn causes weight gain and other abnormalities. You can get Cushing's syndrome if you take steroids for asthma, arthritis, or lupus. It can also happen when your adrenal glands make too much cortisol, or it could be related to a tumor. The weight gain may be most prominent around the face, neck, upper back, or waist.
11/17.
PCOS is a common hormonal problem in women of childbearing age. Most women with PCOS grow many small cysts on their ovaries. The condition leads to hormone imbalances that affect a woman's menstrual cycle and can lead to extra body hair and acne. Women with this condition are resistant to insulin (the hormone that controls blood sugar), so it may cause weight gain. The weight tends to collect around the belly, putting these women at greater risk for heart disease.
12/17.
Quitting smoking is one of the best things you can do for your health. When you quit, you may gain some weight, but perhaps less than you think. On average, people who stop smoking gain less than 10 pounds. You should stop feeling hungrier after several weeks, which will make it easier to help lose any weight you gained.
13/17.
Don't stop taking any medications without first consulting your doctor. Recognize the importance of the drug you're taking. It may be critical to your health. Also, something else may be causing you to gain weight. Your doctor can help you figure out what's going on.
14/17.
Don't compare yourself to other people taking the same drug. Not all people experience the same side effects on the same drug. Even if a drug caused someone else to lose weight, the same might not be true for you.
15/17.
Remember that if the weight gain is just from water retention, it's not permanent weight or fat. Once you're done taking the drug or your condition is under control, the puffiness from fluid retention may ease. Stick to a lower-sodium diet in the meantime.
16/17.
Check with your doctor about another drug you can take. In many cases, your doctor can switch you to another medication that might not have the same side effects.
17/17.
Learn if the weight gain is from a decrease in metabolism -- from either a medical condition or medication. And if so, take the time to participate in metabolism-raising activities. Get moving!
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Root Cause Analysis | Cause Map | Cause and Effect.
Losing weight is a common resolution people make at the start of a new year. Excess body fat can increase the risk of diabetes, heart disease and cancer. Even with all the information available and over $60 billion spent on diets annually, there’s still an incredible amount of confusion about how people gain and lose weight.
Follow along as we take a topic a lot of us can relate to – weight gain – and show how the cause-and-effect relationships layout in detail. A thorough understanding of a problem provides insight about what action can be taken. The Cause Mapping® root cause analysis approach works the same way for your health as it does for problems in your company. We’ll show the Cause Map™ diagrams for weight gain as 1-Why, 3-Why and 15-Why.
The 'Why' Question - Why Did I Gain Weight?
Some people will say their weight gain was because they ate too much. Others will say they didn’t move enough. In both instances, there’s a cause and effect relationship. There was weight gain (effect) because there wasn’t enough movement (cause) or because they ate too much (cause). As with any other problem, we’ll lay out the basic cause-and-effect relationships - also called a scientific approach. We’ll begin with the two, simple 1-Why Cause Map diagrams below. The analysis will expand into a 3-Why and a 15-Why as we dig into the details.
The Why question above, “Why did I gain weight?” has two different answers, yet both are accurate. Because people see problems differently, they also explain them differently. When discussing a problem, people within your company give different answers to questions. This is normal. Organizing all that information into a clear picture is what an effective root cause analysis does.
Even with different points of view, a scientific approach keeps the analysis objective by substantiating each piece of information with evidence. This is important because people have biases. Our four-minute video shows how a cause-and-effect analysis prevents miscommunications when discussing a problem as we build a 1-Why, 3-Why, 15-Why and 115-Why for the Titanic disaster.
Those 1-Whys from above have been combined into a 3-Why with a parallel relationship below. Weight gain is caused by surplus energy in the body, which is the difference between the energy we take in and the energy we use. If you take in more energy than you use, the excess energy is stored as fat.
This is a basic 3-Why Cause Map diagram for gaining body fat.
Notice two different solutions shown in green. To lose weight a person can take in fewer calories, they can increase their activity level, or they can do a combination of both. This 3-Why is accurate, but it can also be expanded. There’s a lot more to the systems within the body.
Our Cause Mapping method can start simple, but also allows us to dig into as much detail as needed to thoroughly understand an issue.
Some people argue that counting calories doesn’t work because the body processes macronutrients differently. But, counting calories does work - when they’re counted accurately . If people ignore the cause-and-effect relationships of the metabolic processes in the body, then calorie counting seems wrong. But it’s not. The first law of thermodynamics applies the same way in our digestive systems as it does in a power plant or refinery.
Any surplus energy in the body gets stored as fat and is available when needed. Think of filing a tank. If you put in more than you take out, the level will increase. Eventually, the tank will overfill when the volume exceeds the available capacity. Rather than overflowing, the human body increases in size to accommodate that surplus energy.
Below is a common equation for weight gain that matches up with the 3-Why and 15-Why Cause Map diagrams:.
Your Idling Engine - BMR.
When you ask people how to burn calories, they typically say exercise. There are many benefits to regular exercise, but most of the energy we burn each day is from simply being alive.
The body is an engine that is always idling. Our heart is always pumping. Our lungs breathe 12 to 20 times per minute. Both of those actions require energy. Our brain, kidneys, liver and other organ functions also require energy. The calories we burn while we’re idling is called our Basal Metabolic Rate (BMR). It’s been measured in hundreds of thousands of people, so there are tables to determine your number based on gender, age, height and weight. Here is a link to a calculator to get an estimate of your BMR .
A 6-ft tall, 50-year-old male weighing 180-pound has a calculated BMR of 1718 calories per day (BodyBuilding.com), or about 1.1 calories per minute. He’ll burn 10 calories every 8 minutes by lying motionless on the floor.
A 40-year-old female who’s 5-ft 7-inches tall and weighs 130 pounds has a calculated BMR of 1617 calories per day. Meaning, she burns around 10 calories every 9 minutes by being alive.
Activity.
Activity can include an exercise program, but any movement of our bodies burns energy: walking into the kitchen, standing up from a seated position, going to the mailbox, etc. All those movements burn calories because they require energy. The more weight you move the more energy is required. Raising your arm uses less energy than walking up a step because your body weighs more than your arm.
How the Fat Happened.
Absorbing 10 calories of energy beyond what you burn is a net increase of only 10 calories per day. In one year, that’s 3,650 calories which is about one pound of fat.
That 10+ calories per day is about one ounce of regular cola or one small piece of chocolate. The gain is only 1 pound per year, but it’s 30 pounds in 30 years. If that 180-lb. male from earlier would have taken about 250 additional steps each day over that same 30-year period, he would not weigh 30 pounds more. If someone absorbed 20 calories of surplus energy each day in 30 years, they’d weigh 60 pounds more.
Losing excess body fat requires an energy deficit. A person may want to lose 10 pounds in a week. That weight loss requires a 35,000-calorie deficit (10-lbs x 3,500 cals/lb). Over seven days, that goal requires a net loss of 5,000 Calorie per day, which is not good, realistic or safe.
Here are the numbers for losing 10 pounds of body fat. A 100-Calorie deficit for 350 days will do it (35,000 cals ÷ 100 cals/day). Likewise, a 200 Calorie deficit per day would take half the time, or 175 days. If the person created a 500-calorie-a-day deficit it would take about 70 days to lose 10 pounds. A calorie deficit can happen a few different ways. The person can increase his or her activity level, reduce their calories or some combination of both.
The point is, there are many solutions, but you can’t get away from the basic cause-and-effect concept. If we don’t use the calories we take in, our body stores them.
15-Why Cause Map™ Diagram for Weight Gain.
This is a more detailed Cause Map diagram for weight loss. It shows a causal path where the Thermic Effect of food is part of the calories that are burned for digestion (Energy Out). It shows two effects for that one cause (click the image to enlarge).
The good news is subtle changes, such as taking a walk each day, can make a big difference. People shouldn’t hope to lose weight. They should manage the cause-and-effect relationships to produce the results they want.
Apply This to Your Organization.
The more you understand a problem the more options you have to solve it. The problems in your company break out the same way. Root cause analysis is a systematic approach to understanding something thoroughly so that effective action can be taken.
If you already have experience on this topic, maybe you’ve lost weight on your own program, we’d like to hear what you did. If you know a nutrition expert, please forward this to them. We want the information to be accurate, so feedback would be appreciated. You can contact me here or comment on this blog.
If you thought this was interesting, but want to see us Cause Mapping in action, check out the recording of our webinar: Can Root Cause Analysis Help with your Weight Loss Goals ? In this webinar, Mark shows how we built the Cause Map diagrams for weight gain.
Patient Safety blog archive.

**weight loss goals**

**1.** [https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752#:~:text=Set realistic goals&text=Over the long term, it's,diet and regular physical activity.](https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752#:~:text=Set%20realistic%20goals&text=Over%20the%20long%20term,%20it's,diet%20and%20regular%20physical%20activity.)

We have no data for this page, because it isn't accessible for our crawler.

**2.** <https://www.verywellfit.com/how-to-set-weight-loss-goals-1231580>

Verywell Family.
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LinkedIn.
Paige Waehner is a certified personal trainer, author of the "Guide to Become a Personal Trainer"; and co-author of "The Buzz on Exercise & Fitness.".
Verywell Fit articles are reviewed by nutrition and exercise professionals. Reviewers confirm the content is thorough and accurate, reflecting the latest evidence-based research. Content is reviewed before publication and upon substantial updates. Learn more .
Reviewed by Heather Black, CPT.
Heather Black, CPT is a NASM-certified personal trainer and owner of Heather Black Fitness & Nutrition where she offers remote and in-person training and nutrition coaching.
Sample Plan.
Figuring out how much weight you want to lose is the first step on a new weight loss journey. There are many different ways to come up with a long-term goal that's both realistic and aspirational. Setting your sights on the future can help fuel the motivation needed to make healthy changes. Here's how to get started.
Do You Need to Lose Weight?
A lot of people feel like they should lose weight, even if that's not always the case. It's not uncommon to have an unrealistic view of what a healthy weight really is. There are broad parameters to determine whether weight loss is recommended for health reasons. In general, a good candidate for weight loss may have the following measurements:.
Waist circumference: Abdominal girth measurement of more than 35 inches in women and 40 inches in men.
Waist to hip ratio : Higher than 0.8 for women and higher than 1.0 men.
Body Mass Index (BMI) is a dated, biased measure that doesn’t account for several factors, such as body composition, ethnicity, race, gender, and age. .
Despite being a flawed measure , BMI is widely used today in the medical community because it is an inexpensive and quick method for analyzing potential health status and outcomes. .
If you're losing weight for your health, a modest goal of 5% to 10% of your current weight can begin to improve important markers like blood pressure and blood sugar levels. Other benefits of even a moderate weight loss can include more energy, a boost in self-confidence, improved fitness, and better mobility.
However, sometimes our goals are based on other factors, like the desire to fit back into old clothes or look a certain way. As long as our goals are realistic and don't veer into a dangerous underweight category, there's nothing wrong with setting a vanity goal.
Together with your health care provider, you can decide whether or not it's a good time to set a weight loss goal.
The key to setting weight loss goals is to follow the standard of goal setting, which means it needs to be SMART. A SMART goal stands for the following characteristics:.
Measurable: How will you keep track of your progress? Will you measure body weight, waist circumference, or exercise performance?
Attainable: Do you have the time, resources, and motivation to reach your goal?
Realistic: It's OK to set an ambitious goal as long as it's possible and within reach.
Time-bound: Set a deadline for your goal. Break it up into shorter-term milestones to stay on track for the long haul.
Once you've determined that you're ready to lose weight, you'll need the proper tools to set your plan in motion. Keep in mind that a healthy rate of weight loss is 1 to 2 pounds per week. Losing weight at this slow and steady pace gives you the best chance of maintaining your progress long term.
It's helpful to get an idea of how many calories your body requires to lose or maintain weight. This weight loss calculator will help you set a daily calorie target to achieve your weight loss goals.
This calorie deficit can be achieved through a combination of mindful eating and increased physical activity. Focus on making healthy choices each day and give it time to see progress on the scale or in your body measurements. Consistency is the key to success.
Here's what a sample weight loss plan (using SMART goal objectives) might look like:.
Mary is 5'7" tall and weighs 160 pounds. Her goal is to lose 10 pounds in 12 weeks. To do that, she would need to cut back or burn off 300 to 500 calories each day. Using a combination of healthy eating and exercise is the best way to lose weight since dieting alone can cause you to lose muscle mass.
Muscle mass is more metabolically active than fat (meaning it burns more calories). Keeping the muscle you have and building more through resistance training will help support your ultimate weight loss goals.
Mary's plan to reach her goals:.
Replace her morning Egg McMuffin (300 calories) with a bowl of oatmeal (about 180 calories).
Replace one Coke (150 calories) with sparkling water (0 calories).
Strength train 2 days a week for 30 minutes (approx. 140 to 280 calories burned).
With this plan, Mary will create a calorie deficit of 270 to 550 calories each day (depending on whether she exercises). By measuring her weight each week or so, she can determine if these changes are sufficient to get her to reach her long-term goals.
Calculating the Calories Burned During Exercise.
Looking at this example, you can see that these are fairly modest changes. Mary isn't revamping her entire life, she's simply picking a few things she can change to get started.
What's interesting is that, as she continues with her healthy behaviors, she may start to do even more, not just because she wants to lose weight but because she's going to start feeling better, stronger, more confident.
Try breaking down your goal into specific steps like this and track your progress. Just remember to adjust your plan if your results start to stall or if you are struggling to be consistent.
If you're not losing weight as quickly as you had hoped don't get discouraged. Remember, your goal needs to be attainable, so be willing to adjust and set new goals if the old ones aren't working for you. Even a little bit of progress can benefit your overall health and well-being. Focus on small changes that add up over time.
Verywell Fit uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.
Czernichow S, Kengne AP, Stamatakis E, Hamer M, Batty GD. Body mass index, waist circumference and waist-hip ratio: Which is the better discriminator of cardiovascular disease mortality risk? Evidence from an individual-participant meta-analysis of 82,864 participants from nine cohort studies . Obes Rev. 2011;12(9):680-687. doi:10.1111/j.1467-789X.2011.00879.x.
Centers for Disease Control and Prevention. Losing weight .
By Paige Waehner.
Paige Waehner is a certified personal trainer, author of the "Guide to Become a Personal Trainer," and co-author of "The Buzz on Exercise & Fitness.".
Running Goals: Benefits, Setting, Achieving.
Very Low-Calorie Diet: Pros, Cons, and What You Can Eat.
Verywell Family.
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**3.** <https://www.aspirehealthplan.org/2021/02/02/create-smart-weight-loss-goals/>

How to create SMART weight loss goals and achieve them.
February 2, 2021.
The following content was authored with the help of Population Health team, providing programs and services that help people in Monterey County live their best lives.
Losing weight is a common New Year’s resolution, and while the U.S. News and World Report says that 80 percent of New Year’s resolutions fail by mid-February, we’re here to tell you not to get discouraged. It’s up to you to make sure that this year is different, and it starts by having a plan. We’re going to talk about creating SMART weight loss goals to help you stay focused, lose weight and enjoy the process as you go.
Simply stating “I want to lose weight” is too broad. SMART goals should be: Specific, Measurable, Achievable, Results-focused and Timely. An example of a good SMART goal is: “I will go on a walk on Mondays, Wednesdays and Fridays around my neighborhood for 20 minutes in order to lose 3lbs by February 23.”.
Setting SMART goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge and helps you to organize your time and your resources to help you make the very most of your life.
How do SMART goals help with weight loss and why do the work?
Setting long-term goals helps you focus on the big picture. Overall, they can shift your thinking from simply being on a diet to making lifestyle changes. But long-term goals may seem too difficult or too far away. You may benefit from breaking down a long-term goal into a series of smaller, short-term goals.
Examples of types of goals include:.
Long-term goal – lose 15 pounds in three months.
Short-term goals – break your long-term goals for each month, perhaps six pounds for the first month and four pounds for each of the last two months because early weight loss is often faster.
Process goals – walk 30 minutes a day, and if you currently don’t walk regularly at all, you may want to walk 15 minutes a day for two weeks and then add five minutes to your walk each week.
With SMART goals, you can be sure that you’re setting yourself attainable and achievable benchmarks that can lead to your development and success, or that of those around you. Your goals should conform to the following criteria: Specific, Measurable, Assignable, Relevant, and Timely. Outside of that, the goals can be made to suit your own needs and expectations, depending on what you want to gain from them. They should both help provide you with a clear purpose and lead to successful goal completion that feels straightforward and stress-free.
Start by setting a goal weight. Nutrition and physical activity are the two main ways to achieve weight loss. Take a look at what you are eating, how much you are eating and when you are eating. Add more fruits and vegetables daily, choose low-calorie snacks, limit processed foods, limit sugary foods and/or dessert and cut back on high-calorie beverages. Also, avoid late-night snacking, eating in front of the TV, and try practicing mindful eating. Keep track of what you are eating by meal prepping and food logging. A good resource for meal planning and portion control is MyPlate.gov .
When it comes to physical activity, some is always better than none! Adding daily activity can be as simple as taking the stairs, going for a walk at lunch or jogging in place while watching TV. You can also find local exercise classes. Many places in Monterey County are offering online fitness classes, and Aspire Health Plan members, are eligible for the Silver&Fit® exercise and healthy aging program.
It’s also important not to forget the effects of stress on our health including raised cortisol levels and behavioral changes including overeating, emotional eating, exercising less often and loss of energy. While we may not directly be able to affect how much cortisol is floating around our bodies, we can certainly impact how we handle stress by implementing activities and routines to help reduce stress and ensure that we make good choices, get enough sleep and move.
How can I find support in my weight loss journey and why is this support important?
Support can help keep us accountable, motivated and feel cared about through the process. It can be emotional support, practical or inspiring. Support can come in so many different forms. It can come from our spouses, children or other family members, friends, our physicians, health coaches, or even a support group.
Aspire Health Plan members have access to a Health Coaching program . If you have any questions about this program along or any additional resources for weight loss, health and wellness, do not hesitate to contact Member Services at (855) 570-1600. TTY users call 711.
Ready to Enroll?
Read Our Blog.
Aspire Health Plan is a Medicare Advantage HMO plan sponsor with a Medicare contract. Enrollment in Aspire Health Plan depends on contract renewal.
Medicare beneficiaries may also enroll in Aspire Health Plan through the CMS Medicare Online Enrollment Center located at http://www.medicare.gov . Every year, Medicare evaluates plans based on a 5-star rating system. For accommodation of persons with special needs at meetings call 1-855-570-1600 (TTY: 711) Other Providers are available in our network. Out-of-network/non- contracted providers are under no obligation to treat Aspire Health Plan members, except in emergency situations. Please call our customer service number or see your Evidence of Coverage for more information, including the cost- sharing that applies to out-of-network services. For a complete list of available plans please contact 1-800-MEDICARE (TTY users should call 1- 877-486-2048), 24 hours a day/7 days a week or consult www.medicare.gov .
Non-discrimination Communication & Grievance Procedures.
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**4.** <https://www.webmd.com/diet/obesity/features/is-your-weight-loss-goal-realistic>

Written by Kathleen M. Zelman, MPH, RD, LD.
I once read a story about a woman who complained to her doctor about her frustration with weight loss. The woman had lost 25 pounds but was not satisfied. "I will not be happy until I lose 25 more pounds," she declared.
Her doctor then asked her a series of questions: Are you feeling better? Do you sleep better? Is it easier to climb a flight of stairs? Can you bend over and tie your shoes? Do you feel better about yourself? The patient answered "yes" to all of the questions.
Her doctor was incredulous. The 25-pound weight loss had substantially improved her health and her quality of life, yet the woman was still not satisfied.
It's not uncommon for dieters to set lofty weight loss goals for themselves. Some reach back umpteen years to their wedding day or college weights. Others fantasize about looking like a supermodel, even though their naturally large frames may make this an impossible goal.
A 2001 study from the University of Pennsylvania found that on average, overweight people set a goal of losing 32% of their body mass. That's three times the amount needed to achieve better health. The truth is, it's unlikely that most dieters will be able to lose one-third of their body weight. Setting extreme goals is a setup for disappointment and failure.
You can achieve your goal weight -- as long as it is reasonable and attainable. Remember that you're on a journey to improve your life and health and gain control over your weight. It's not about perfection.
Instead of shooting for a size that has not been seen in your closet for 10 years, set more attainable goals. Even modest weight loss can improve your blood pressure and your cholesterol, blood sugar, and triglyceride levels . Losing as little as 10 pounds can put the zip back in your step and make you feel terrific about yourself.
To help keep you motivated toward meeting your ultimate goal, set mini-goals you can reach within a month or so. Track your progress, and reward yourself along the way for improving your eating and exercise habits.
For example, on weeks when you get to the gym five times, treat yourself to flowers, a movie, or a ball game -- whatever feels like a reward to you. This will help keep your attitude positive and remind you of the benefits of a healthier lifestyle.
Changes You Can Live With.
You can lose weight on virtually any diet. But to send those extra pounds packing without a round-trip ticket, you must find healthful strategies that you can stay with forever.
The reason we call the food component of the Weight Loss Clinic program an "eating plan" is because it is not a diet. A diet is something you can go on and off of; an eating plan is for life.
Adopting a new lifestyle means finding the behaviors and attitudes that led to weight gain and, once you've figured out your bad habits, gradually changing them into healthier patterns.
For example, are you a member of the "clean plate club"? Do you mindlessly consume your food in record time? Do you eat in front of the television? Are you always eating or drinking something?
Start to adopt more healthful behaviors such as leaving a few bites of food on your plate at each meal, slowing down and tasting every bite, eliminating interruptions to your meals, and filling your spare time with activities other than eating.
Or your own "better behaviors" might include wearing a pedometer and walking 5,000-10,000 steps each day; switching to fat-free or light food products; giving up fried foods; starting each day with a nutritious breakfast -- the options are endless. The trick is finding changes that are easy for you to incorporate into your life. And when you do something repeatedly, it soon becomes automatic.
So set "process goals" (such as eating five servings of vegetables each day or logging 10,000 steps three days in a row) instead of "outcome goals" (such as losing 30 pounds). Process goals are key to changing behaviors, and that's what will ultimately lead to permanent weight loss. Besides, a healthier lifestyle is more important in the long run than the number of pounds you shed.
The Top of the Mountain.
In the beginning of your program, everyone is noticing your weight loss, passing out compliments and cheering you on. But get to the third month or so, and the cheerleaders often all but disappear.
Yet studies show that three to six months after making behavioral changes is an important time for reassessing your strategies. It's a critical point to continue moving forward while maintaining the new habits that got you there.
Think of this time as the top of the mountain -- and you need to get over the top for the new, healthier habits to become routine. Challenge yourself to find ways stay energized during this time: Experiment with new recipes, find a diet or exercise buddy, or try a new type of physical activity .
Take a minute right now to rethink your weight loss goals, and remember you are in this journey for the long haul. Accept that healthy weight loss is slow and steady. Your goal is to lose a pound or two a week. And even if you only lose half a pound, isn't that better than gaining?
Make a list of all the ways your life has improved because of your weight loss so far. Celebrate these victories, write them down, and revisit them often.
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**5.** <https://betterme.world/articles/realistic-weight-loss-goals/>

Log In.
Yoga.
BMI Of More Than 25.
Abdominal Girth Or Waist Circumference Above 40 Inches (102 Cm) In Men And 35 Inches (88 Cm) In Women (5).
Waist To Hip Ratio Higher Than 0.90 Cm In Men And 0.85 Cm In Women, As Recommended By The World Health Organization (13).
SOURCES:.
Gaining weight does not happen overnight, and neither does losing it. Weight loss is a journey that begins with one step that will lead to healthy weight loss in the long run. Any technique that promises you a quick and effort-free way of shedding significant pounds in a short period is a big, broad daylight scam. You need to set realistic weight loss goals that will be achieved through embracing a healthy lifestyle for long-term weight loss and maintenance.
Hundreds of crash diets online will convince you that you can lose as much as 10 pounds in a week ( 6 ). Assuming you want to lose 150 lbs, then you will need 15 weeks, which is approximately 4 months to hit your goal. But have you seen the extreme requirements of these fad diets? They are totally unsustainable in the long run, and, in most cases, you lose water weight, which you will gain as soon as you begin eating normally. Therefore, setting realistic weight loss goals is key to ensuring that you actually lose your desired weight and maintain the loss.
Here are things that will guide you in coming up with sustainable weight loss goals:.
Be Sure You Need To Lose Weight.
Are you the right candidate for weight loss? You do not have to lose weight simply because it is trendy or your friend is doing it. If you have the right BMI, then you should maintain weight, and if you are underweight, you may need to gain some pounds.
BMI below 18.5 means you are underweight, between 18.5-24.9 is normal or healthy, 25.0–29.9 overweight, and above 30 implies obesity ( 1 ). Body mass index is calculated by dividing weight in pounds (lbs) by height in inches (in) squared, then multiplying by a conversion factor of 703.
Abdominal Girth Or Waist Circumference Above 40 Inches (102 Cm) In Men And 35 Inches (88 Cm) In Women ( 5 ).
It is calculated by putting a tape measure to the top of your hip bone, then taking it around your body, the same level as your belly button. The tape measure should be straight and not too tight. Breath regularly, and as soon as you exhale, the number seen on the tape measure is your waist circumference ( 7 ). .
Waist To Hip Ratio Higher Than 0.90 Cm In Men And 0.85 Cm In Women, As Recommended By The World Health Organization ( 13 ).
Using a stretch-resistant tape providing a consistent 100 g tension, measure the midpoint between the top of the iliac crest and the lower margin of the least palpable rib. Hip circumference is measured around the widest part of the buttocks, with the tape parallel to the ground. When taking measurements, you should wear little clothing, relax, stand with feet close together, arms at the sides, and body weight evenly distributed. Take the measurements for each twice, then calculate the average of the two measurements if it is within 1 cm. If more than 1 cm, repeat ( 13 ). To find your waist to hip ratio, divide your waist measurement by your hip measurement.
See also.
No Matter What I Do I Can’t Lose Weight: True Reasons Your Scale Won’t Budge And Viable Solutions.
Yanking yourself back in shape has never been so easy with our game-changing fitness app! Start transforming your life with BetterMe !
Are my weight loss goals realistic? Now that you are sure you need to lose weight, ask yourself if what you want to achieve makes sense. Sustainable realistic weight loss goals per week involve shedding 1-2 pounds. Therefore, any plans to lose more than this may be considered unsafe and unrealistic in the long run ( 8 ). Since 3500 calories are equivalent to about 1 pound of fat, to lose at most 2 pounds a week, you need to burn between 500 and 1000 calories more than you consume daily by following a low-calorie meal plan and working out regularly ( 9 ).
As much as age and physical activity contribute to required daily calories, generally, men need more calories in a day than women (approximately 2000 to 3000 and 1600 to 2400, respectively) ( 3 , 4 ). A calorie calculator may help you know how many calories you should consume and burn, based on your gender, height, and level of physical activity. The calorie deficit may be achieved through increased physical activity and mindful eating. Thus, realistic male weight loss goals, just like in females, should focus on consuming less and burning more calories.
If you have been to any management class, then you understand that goals should be SMART.
Know exactly what you want by clearly defining your goal with numbers and other details. Know how much fat you want to shed, then factor in the process and results. For example, eating 5 servings of vegetables daily or taking stairs to the 10th floor instead of the lift are specific process goals. While losing 16 pounds in 2 months is a specific outcome goal. The process goals guide you on what to do to achieve the outcome goal. Some sources recommend focusing on process goals because they will help you be healthy, and this may be better than randomly cutting off weight or being discouraged when you lose less than expected ( 15 , 11 ).
Know how you will track your progress, i.e., by measuring your weight on a weighing scale, BMI, waist circumference, or endurance to exercise, among others.
Attainable.
You should have access to the required resources, including the time to reach your goal. Also, you should have the right motivation to take you through the journey.
Realistic.
The goal should be within reach. For instance, you cannot aim to have the exact body weight and physique of your favorite celebrity or focus on getting to a size you were 20 years ago. You will end up frustrated because everyone has a unique body, and their ideal is not your ideal. .
Timebound.
If you want to lose 20 pounds in 3 months, set mini-goals that will help you track your progress after a fortnight or each month. Go for changes that you can live with forever.
If your height is 5’5″ and you weigh 170 pounds, your BMI is 28.3, classifying you as overweight. To have a healthy BMI below 25, you need to lose about 21 pounds. If your outcome goal is to lose 21 pounds in 25 weeks, then you may need to create a deficit between 300 to 500 calories each day. You should, therefore, embrace a healthy weight loss diet and exercise 3-5 times a week.
Specifically, Verywellfit recommends that you ( 10 ):.
Instead of soda containing about 150 calories, take plenty of distilled or sparkling water with zero calories.
Strength-train twice a week for about half an hour each time to burn about 140-280 calories.
Walk for a minimum of 30 minutes 3 days a week at 3.5-4.0 mph to burn between 180-240 calories. .
This way, you will create a minimum calorie deficit of 270-550 calories daily. You can measure your weight weekly to know if you are on the right track to achieving your weight loss goal. .
How To Achieve Realistic Weight Loss Goals?
The best way to lose weight is by making permanent lifestyle changes founded on healthy habits such as consuming healthy calorie-controlled diets and increasing your physical activity.
Here are tips to successfully achieve your weight loss goals:.
Be Ready To Make Permanent Changes To Your Lifestyle.
To get that perfect body shape, you must sacrifice unhealthy habits. This begins by identifying the bad habits that made you gain weight, then gradually replacing them with healthier patterns. Prepare yourself for this journey by finding your inner motivation for losing weight, knowing how you will avoid distractions that will interfere, finding other ways to cope with stress other than binge eating, and creating time that you will spend in making it happen.
Plan.
Now that you are sure you want to follow the weight loss program, plan. You do not just wake up one day and begin engaging in things that will help you shed extra pounds. Know which healthy methods will best suit you by consulting your doctor and other experts such as fitness trainer and nutritionist. Compile a list of things that you will need, as well as those that will help you stay on track, then pin this somewhere to remind you. Planning also entails setting manageable short-term and long term realistic weight loss goals that will contribute to your overall objective.
Identify the right people who will help you through your journey. Tell a friend(s) that you are sure will encourage you to follow the healthy way of life about your goals and how you plan to achieve them. These are the people who will share your healthy lifestyle priority by listening to your feelings and concerns, helping you create healthy menus, and, if possible, spending time with you working out or following up to know if you have one of your daily exercises. However, if you prefer keeping your plans to yourself, be accountable to yourself by regularly weighing, having a journal for recording your workout and diet milestones, or having an app to help you track your progress. .
When selecting a diet, pick one that encourages you to eat more plant-based foods such as whole grains, fruits, and vegetables that are low in calories. You can jump-start your weight loss by consuming at least 4 servings of veggies, 3 servings of fruits every day, whole grains instead of refined grains, healthy fats such as vegetable oils, olive oils, nuts, avocados, and nut oils, among others, limited amounts of low-calorie dairy products and lean meats , and lowering your processed sugar intake ( 14 ).
Other dieting tips include ( 12 ):.
Eliminating processed carbohydrates and junk foods . Clear your cabinets and drawers that contain these unhealthy foods to avoid the temptation of eating them.
Tracking what you eat and sticking to your grocery list.
Avoiding fad diets because they make you miss out on some basic nutrients. In an interview with Men’s Health expert, Andy Yurechko of Georgia’s Augusta University Medical Center, he argued that the most successful dieters are those who concentrate on long-lasting sustainable daily habits and do not follow crash eating plans. He advocates for progressive, healthy tweaks that can be made into a daily routine ( 12 ).
Taking the right fluids like water or black, white, or green tea. A study conducted by a team from Virginia Tech University led by Dr. Brenda Davy established that taking 2 cups of water before meals contributes to considerable weight loss in a fortnight because it makes you feel full, hence, the need for less food to make you satisfied ( 12 ).
Other than just eating right, adopt more healthful behaviors such as slowing down when eating, tasting every bite, leaving a few bites of food on your plate, and engaging in other activities other than eating for leisure. Avoid buffets, go for smaller portions, share a meal with your companion, and avoid desserts when eating out. Also, by cooking your meals, you will control what goes into them, unlike eating out.
Exercising helps burn extra calories that a low-calorie diet cannot. It also keeps you physically fit, maintains weight loss, tones the body for a perfect figure, boosts your mood, minimizes your blood pressure, and strengthens your cardiovascular system, among other benefits ( 14 ). If you cannot engage in an intense workout, ensure you are physically active by walking for at least 30 minutes on most days of the week. Making several trips up and down the stairs and spending less time seated ( 14 ).
See also.
Psychology Of Weight Loss: Here's Why The 'Just Do It' Approach Doesn't Always Work.
Note that the number of calories you burn will depend on the frequency, intensity, and duration of your physical activities. Start slow, then with time, increase the mentioned factors for greater results. Also, change your workouts regularly so that your body will be challenged to do better. Doing full-body exercises, interval workouts, and lifting weights are some of the recommended exercises ( 12 ).
Dieting and working out will be more impactful if you have the right perspective. When faced with setbacks, do not give up. Instead, sleep it out, then begin afresh the next day. Always celebrate small milestones by rewarding yourself once in a while because making healthy lifestyle choices is not for the faint-hearted. Minimize stress and have enough sleep for effective weight loss.
Allow For Setbacks.
Expect setbacks so that when they happen, you do not get frustrated. Develop a plan for handling them by identifying possible roadblocks such as an upcoming wedding party, then think of strategies that will help you stay on course.
Re-Evaluate.
It may be exciting at the start, but a few months down the line, the cheerleading, and compliments from observers may disappear. It is good to reassess your strategies 3-6 months after behavioral changes so that you can remain energized for the next phase. You can make adjustments to your diet, workout routine, and other healthy ways of life.
If you wish to cinch your waist, tone up your bat wings, blast away the muffin top – our fitness app was created to cater to all your needs! BetterMe won’t give excess weight a chance !
Since it is ideal to shed between 1-2 pounds weekly, it is healthy and realistic to lose between 12 to 24 pounds in 12 weeks ( 17 ). Similarly, realistic weight loss goals for 5 months will be 20-40 pounds, and for a year, between 48-96 pounds. However, for such a long time, you need to reassess your goals frequently and have clear short-term objectives. .
HealthCentral gives a clear 12-month plan for weight loss, which begins with replacing sugary beverages with water, naturally flavored-waters, and unsweetened teas ( 2 ). The next months involve consuming more plant-based proteins , removing highly processed carbohydrates, few servings of low-fat yogurt, resistance training, and reducing sleep and stress, among others ( 2 ). .
Based on your weight, it may be ideal to initially lose 5%-10% of your current weight, if your goal is to improve your health ( 14 , 9 ). Therefore, if you weigh 200 pounds, it is realistic and very possible to lose 20 pounds, so come up with strategies that will help you achieve that over a reasonable period. However, if you intend to fit into a particular piece of clothing, then you can use that as your milestone rather than the number on the scale. Work towards that as long as you do not become underweight. .
Realistic weight loss goals will motivate and help you concentrate on your journey. These well-planned objectives will assist your transition to a healthier lifestyle and make you appreciate the efforts that you are putting. Having unrealistic weight loss goals will frustrate you and make you feel disappointed, which may make you fail completely.
See also.
Major achievements take time, so be patient in your fitness journey. Set realistic weight loss goals and consistently work towards achieving them. You will soon feel better about yourself because of better health and enhanced quality of life. Seek professional advice from your dietitian or general physician before beginning any diet, and consult a trained physical trainer before delving into those workouts.
DISCLAIMER: .
This article is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional advice or help and should not be relied on to make decisions of any kind. Any action you take upon the information presented in this article is strictly at your own risk and responsibility!
A 12-Month Plan for a Lighter, Healthier You (2018, healthcentral.com) .
Guidelines on Overweight and Obesity: Electronic Textbook (n.d., nhlbi.nih.gov).
Is Your Weight Loss Goal Realistic? (2006, webmd.com).
The 25 Best Ways to Lose Weight and Get Rid of Your Belly (2020, menshealth.com).
What’s a Realistic Weight Loss Goal? (2016, mynetdiary.com).
Weight Loss.
Weight Loss.
Personal Growth Weight Loss.
Weight Loss.
Our website services, content and products are for informational purposes only. BetterMe does not provide medical advice, diagnosis, or treatment.
Our website services, content and products are for informational purposes only. BetterMe does not provide medical advice, diagnosis, or treatment.

**6.** <https://www.cdc.gov/healthyweight/losing_weight/index.html>

Español | Other Languages.
Food Assistance and Food Systems Resources.
Achieving healthy weight loss isn’t about a “diet” or “program” but a lifestyle with healthy eating patterns, regular physical activity, and stress management. Medications taken for other conditions may also make it harder to lose weight. If you are concerned about your weight or have questions about your medications, talk with your health care provider.
When you’re trying to lose weight, it’s natural to want it to happen very quickly. But people with gradual and steady weight loss (about 1 to 2 pounds per week) are more likely to keep the weight off.
Once you’ve achieved a healthy weight, rely on healthy eating and physical activity to help maintain health over the long term.
Losing weight isn’t easy, and it takes commitment. But if you’re ready to get started , we’ve got a step-by-step guide to help get you on the road to weight loss and better health. Before starting on the guide, it’s important to approach the changes with self-compassion and to understand your readiness and motivation. Creating a supportive environment, both physically and with the people in your life, can help you achieve your goals.
Even a modest weight loss of 5% to 10% of your total body weight is likely to produce health benefits, such as improvements in blood pressure, blood cholesterol, and blood sugars.1.
For example, if you weigh 200 pounds, a 5% weight loss is 10 pounds, bringing your weight down to 190 pounds. While this weight may still be in the “overweight” or “obesity” range, this modest weight loss can decrease your risk for chronic diseases related to obesity.
So even if the overall goal seems large, see it as a journey rather than a final destination. You’ll learn new eating and physical activity habits that will help you live a healthier lifestyle. These habits can help you maintain your weight loss over time.
Getting Started.
Improving Your Eating Habits.
Your eating habits, not just what you eat, may be leading to weight gain—for example, eating too fast, always clearing your plate, eating when you’re not hungry, or skipping meals.
Keeping the Weight Off.
Losing weight is the first step. Once you’ve lost weight, you’ll want to learn how to keep it off.
Body Image.
Strategies for Success.
Weight Management for Youth.
What you should know about popular diets.
Learn how to evaluate claims made by weight loss products and diets. Find information to choose weight loss strategies that are healthy, effective and safe for you.
1 Managing Overweight and Obesity in Adults. Systematic Evidence from the Obesity Expert Panel, 2013 [PDF-5.89MB] — US Department of Health and Human Services. National Institutes of Health.
indicate that you are leaving the CDC website.
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Social Media Cookies.
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Confirmed!
Thank you for taking the time to confirm your preferences. If you need to go back and make any changes, you can always do so by going to our Privacy Policy page.

**7.** <https://www.womenshealthmag.com/weight-loss/a19985220/goals-that-can-help-you-lose-weight/>

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Working out, eating healthier, and clocking more hours of sleep are all goals you might set when you want to shed a few pounds. But you’re human, and the overarching goal of “eating healthier” might seem pretty vague when you’ve had a rough day and you spot some pizza or donuts in the conference room.
Enter, the mini goal, or the halfsie goal, or whatever you want to call them. These micro benchmarks might actually help you achieve major.
weight loss without a ton of effort.
In a 2017 study , 46 women who predicted they’d shed more weight over a 27-week diet period dropped more pounds (37 on average) than those with less lofty targets (they lost as little as 13). This challenges the common belief that setting higher-reaching goals could make dieters abandon ship. Victoria A. Catenacci, M.D., an associate professor of medicine at the University of Colorado Anschutz Health and Wellness Center, says the findings may inspire a new weight-loss strategy: Set an ambitious big-picture goal, then celebrate at smaller incremental points (Catenacci suggests losing up to 10 percent of your weight in six months). “You’ll make progress toward your major goal, but your success along the way will provide ongoing motivation.”.
For some, aspiring to fit into the sizes of clothing they already own, instead of ditching last year's too-small duds, may help drive weight-loss efforts, says Keri Glassman, R.D. Use the dress that fit you like a glove last summer as motivation—and a way to mark your progress—while working toward your bigger goals. .
Look to an upcoming party or event you’ve got on the calendar to light a fire under your ass to look and feel in tip-top shape. “Using a particular event works like setting a deadline, which can keep you more motivated ,” says Brigitte Zeitlin, R.D., owner of BZ Nutrition. And like most things you might procrastinate on, it helps to have a deadline to keep you on track.
A 5K, a mud run, whatever—if you’re trying to make fitness part of your long-term weight-loss plan, adding in small competitions along the way can help you keep up with your workout regimen, says Cassandra Forsythe, Ph.D., R.D., C.S.C.S. Let's be real, jumping on the treadmill sounds a lot more enticing when you know a race is looming in your future. .
“I love the simple, small goal of adding more spices to your diet to boost nutrition without increasing calories,” says Melina Jampolis, M.D., physician nutrition specialist and author of The Doctor on Demand. “There is a wealth of research on the health benefits of spices, and they can help your body manage insulin better, which can help you reach your weight-loss goals.” Her faves? Try adding cinnamon to your oatmeal or turmeric to your smoothie.
No need to revamp your whole diet—adding more color to your plate is an easy goal to set. “ Eating more veggies will increase your fiber intake, keeping you fuller, so you won’t be tempted to overeat or snack,” says Zeitlin. Aim to fill at least half of your plate with the colorful stuff.
“There is tremendous research on the negative health effects of sitting too much, even if you work out,” says Jampolis. And since every calorie counts, finding more ways to add steps to your day can help you lose more weight. Start by setting a reminder on your cal to get up and move, walking to places you would normally drive, or getting up early to rack up some steps first thing in the morning. Then, aim to increase your distance or steps each week.
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**8.** <https://www.healthline.com/nutrition/how-to-lose-weight-as-fast-as-possible>

Bottom line.
Weight loss is not the answer to every health problem, but if your doctor recommends it, there are tips to help you lose weight safely. A steady weight loss of 1 to 2 pounds per week is recommended for the most effective long-term weight management.
That said, many eating plans designed to help you lose weight leave you feeling hungry or unsatisfied, or they cut out major food groups and are not sustainable. These are major reasons why you might find it hard to stick to a healthier eating plan.
Everyone has unique needs and different eating styles and tips may work better for you than someone else.
You may find you are able to lose weight by following a low carb diet or a diet that has a focus on whole foods, but there are some general principles that apply when you’re trying to lose weight.
Here are some science-backed tips to help you lose weight that include healthy eating, choosing carbs carefully, and that aim to:.
produce consistent weight loss over time.
help improve your metabolic health at the same time.
If you want to lose weight quickly, some of these tips may help, but quick weight loss is rarely sustainable. Focusing on long-term health and habits that you can stick with over time will help improve your health and are more likely to result in lasting weight loss.
1. Cut back on refined carbs.
One way to help lose weight quickly is to cut back on sugars and starches, or carbohydrates. This could be with a low carb eating plan or by reducing refined carbs and replacing them with whole grains.
If you choose to eat more complex carbs like whole grains along with a calorie deficit , you’ll benefit from higher fiber and digest them more slowly. This makes them more filling to keep you satisfied.
Research also suggests that a low carb diet may reduce appetite, which can lead to naturally eating fewer calories without thinking about it or feeling hungry (.
Note that the long-term effects of a low carb diet are still being researched. It can also be difficult to adhere to a low carb diet, which may lead to yo-yo dieting and less success in maintaining a healthy weight.
There are potential downsides to a low carb diet that may lead you to a different method. Reduced calorie diets can also lead to weight loss and be easier to maintain for longer periods of time.
If you opt for a diet focusing instead on whole grains over refined carbs, a 2019 study correlated high whole grain intake with lower body mass index (BMI) (.
Summary.
Reducing refined carbohydrates may help curb your appetite, lower your insulin levels, and help you lose weight.
But the long-term effects of a low carb diet are not yet known. A reduced calorie diet could be more sustainable.
2. Eat protein, fat, and vegetables.
Aim to include a variety of foods at each meal. To balance your plate and help you lose weight your meals should include:.
a small portion of complex carbohydrates, such as whole grains.
this lower calorie meal plan.
Generally, an average male needs about 56-91 grams per day, and the average female needs 46-75 grams per day, but many factors influence protein needs. Here are guidelines to help you figure out how much protein to eat without eating too much (.
Diets with adequate protein may also help you reduce cravings and snacking by helping you feel full and satisfied ( 11 ).
Don’t be afraid to load your plate with leafy green vegetables . They’re packed with nutrients, and you can eat very large amounts without greatly increasing calories and carbs.
All vegetables are nutrient-rich and healthy foods to add to your diet, but some vegetables, like potatoes, sweet potatoes, winter squash, and corn, are higher in carbs.
These vegetables are considered complex carbs because they contain fiber, but you may want to be mindful of serving size when adding these vegetables to your plate.
Your body still requires healthy fats no matter what eating plan you choose. Olive oil and avocado oil are great choices for including in your eating plan. Nuts, seeds, olives, and avocados are delicious and healthy additions, as well.
Other fats such as butter and coconut oil should be used only in moderation due to their higher saturated fat content (.
Try to assemble each meal with a protein source, healthy fat source, complex carb, and vegetables.
3. Move your body.
Exercise, while not required to lose weight, can help you lose weight more quickly. Lifting weights has particularly good benefits.
By lifting weights, you’ll burn calories and help prevent your metabolism from slowing down, which is a common side effect of losing weight (.
Try strength training three to four times a week. If you’re new to lifting weights , a trainer may be able to help you get started. Make sure your doctor is also aware of any new exercise plans.
If lifting weights is not an option for you, doing some cardio workouts such as walking, jogging, running, cycling, or swimming is very beneficial for weight loss and general health.
Resistance training, such as weightlifting, is a great option for losing weight. If that’s not possible, cardio workouts are also effective.
What about calories and portion control?
If you opt for a low carb eating plan, it’s not necessary to count calories as long as you keep your carb intake low and eat mostly protein, fat, and low carb vegetables.
If you find yourself not losing weight, you may want to keep track of your calories to see if that’s a contributing factor.
If you’re sticking to a calorie deficit to lose weight, you can use a free online calculator like this one to estimate your calorie needs.
You can also download free, easy-to-use calorie counters from websites and app stores. Here’s a list of 5 calorie counters to try.
Note that eating too few calories can be dangerous and less effective for losing weight. Aim to reduce your calories by a sustainable and healthy amount based on your doctor’s recommendation.
Counting calories may be a helpful tool for some, but it may not be the best choice for everyone.
If you are preoccupied with food or your weight, feel guilt surrounding your food choices, or routinely engage in restrictive diets, consider reaching out for support. These behaviors may indicate a disordered relationship with food or an eating disorder.
You can also chat, call, or text anonymously with trained volunteers at the National Eating Disorders Association helpline for free or explore the organization’s free and low cost resources.
Counting calories isn’t usually needed to lose weight on a low carb eating plan. But if you’re not losing weight or on a reduced calorie eating plan, calorie counting may help.
9 weight loss tips.
Eat a high protein breakfast. Eating a high protein breakfast could help reduce cravings and calorie intake throughout the day (.
Limit sugary drinks and fruit juice. Empty calories from sugar aren’t useful to your body and can hinder weight loss (.
, 19 ).
Choose weight-loss-friendly foods. Some foods are better for weight loss than others. Here is a list of healthy weight-loss-friendly foods .
Eat more fiber. Studies show that eating fiber may promote weight loss. Find fiber in whole grains, fruits, vegetables, nuts, seeds and these other high-fiber foods . (.
Drink coffee or tea. Caffeine consumption may help boost your metabolism . No need to go overboard on caffeine though and be mindful of adding sugar to these drinks (.
, 25 ).
Base your diet on whole foods. They tend to be nutrient rich, more filling, and less likely to cause overeating than processed foods.
Eat slowly. Eating quickly can lead to weight gain over time, while eating slowly makes you feel more full and boosts weight-reducing hormones (.
Get good quality sleep. Sleep is important for many reasons , and poor sleep is one of the biggest risk factors for weight gain (.
, 29 ).
While these 9 tips are a good starting point, they’re not the only things that impact weight loss. Try to reduce stress , and move your body. Read more about natural tips for losing weight here.
Eating whole foods, higher protein, fiber, and less sugar can help you lose more weight. Don’t forget to get a good night’s sleep, too.
Sample meal ideas for fast weight loss.
These sample meal plan ideas are low carb, which limits carbs to 20–50 carbs per day. Each meal should have protein, healthy fats, and veggies. These meal ideas are just suggestions, as everyone has different needs and food preferences.
If you’d prefer to lose weight while still eating complex carbs, add in some healthy whole grains to your meals such as:.
spinach, mushroom, and feta crustless quiche.
How fast will you lose weight?
You may lose weight more quickly in the first week of a diet plan and then lose weight at a slower but more consistent rate after that. The first week you typically lose a mix of both body fat and water weight.
If this is the first time you are making changes to your diet and exercise habits, weight loss may happen more quickly.
Unless your doctor suggests otherwise, losing 1–2 pounds per week is usually a safe amount . If you’re trying to lose weight faster than that, speak to your doctor about a safe level of calorie reduction.
Aside from weight loss, a low carb diet can improve your health in a few ways, though the long-term effects are not yet known:.
Other diet types that reduce calories and increase whole foods are also associated with improved metabolic markers and slower aging ( 34 ,.
36.
Summary.
You can reach your weight loss goals by incorporating a low carb or low calorie diet into your life, but the speed of weight loss depends on the individual.
The bottom line.
By reducing carbs or replacing refined carbs with complex carbs, you’ll likely experience reduced hunger levels. Feeling hungry is often why it’s difficult to maintain a weight loss plan, so it’s important to find a way of eating that leaves you feeling satisfied.
By incorporating a sustainable low carb or lower calorie eating plan, you can eat healthy food until you’re full and still lose weight.
Losing weight quickly may be your goal, but it’s important to think about the long run. While you may lose water weight quickly, fat loss takes longer, and developing sustainable weight loss may take longer than you’d like.
Read this article in Spanish.
By Gavin Van De Walle, MS, RD.
Weight loss is a common goal, but you may want to know what a healthy rate for weight loss is. This article explains the factors that affect how long….
By Rachael Link, MS, RD.
Diet and exercise may be key components of weight loss for women, but many other factors play a role. Here are the top 23 weight loss tips for women.
By Adda Bjarnadottir, MS, RDN (Ice).
There are many natural weight loss methods that science has shown to be effective. Here are 29 easy ways to lose weight naturally.
Most people who lose weight end up gaining it back within a year. Here are 17 effective ways to maintain your weight loss for good.
Medically reviewed by Jake Tipane, CPT.
See 9 effective exercises for full-body weight loss workouts along with diet and lifestyle tips to help you lose weight while staying fit.
Here are 16 effective ways you can motivate yourself to lose weight. People often lack the motivation to get started or continue on a weight loss diet.
Weight Loss Surgery: New Guidelines Are Released, Expanding Eligibility.
The first new guidelines on weight-loss surgery in 30 years expand eligibility for the procedures by lowering the body-mass index thresholds.
New Guidelines Recommend These Weight Loss Drugs For People With Obesity.
Excess water weight can have negative effects on your appearance and quality of life. Here are 13 easy ways to lose water weight quickly.
READ MORE.
Why Experts Are Now Recommending Weight Loss Medications in Addition to Lifestyle Changes.
Weight loss experts have released guidelines recommending medications along with lifestyle changes such as diet and exercise to treat obesity.
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**9.** <https://www.nhlbi.nih.gov/health/educational/wecan/portion/documents/CORESET3.pdf>

We have no data for this page, because it isn't accessible for our crawler.

**10.** <https://smokefree.gov/stay-smokefree-good/weight/setting-goals-for-weight-loss>

Setting Goals for Weight Loss.
Being overweight can put you at greater risk for health problems. Losing even a small amount of weight (5 to 10 percent of your total body weight) can reduce and sometimes reverse the risk.
Losing weight also may help you have more energy, less joint pain, and a better night’s sleep. Setting goals can help you lose weight and keep it off in a healthy way. Try these steps for creating weight loss goals that help you stay focused and motivated.
Think Long-Term.
Goals can help you work toward a healthier lifestyle. Aim to develop lifestyle habits that will help you keep your weight in a healthy range now and in the future. Research shows that a short-term diet that you go on and then go off is not the answer to long-term weight loss and management. Healthy weight loss means having a lifestyle that includes long-term changes in eating and exercise habits.
Take It Slow.
Studies show that people who lose weight gradually and steadily are more successful at keeping weight off. Health experts recommend 1 to 2 pounds a week over the long run for healthy weight loss. That’s better than trying to lose a lot of weight all at once.
Set Small Goals.
Break down a long-term goal into a series of smaller, short-term goals to make your plan more manageable and keep you accountable over the long haul. For example, if your goal is to lose 10 pounds in three months, you might have separate goals for each month. Perhaps aim for 4 pounds in the first month and 3 pounds in each of the next two months because early weight loss often is faster.
Eating healthier and being more physically active is good for your health, even if you don’t lose weight. Try setting goals beyond weight loss, focusing on how your body feels better and what it can do. Think about the other things healthy eating and physical activity might do for you, like learning how to cook healthier, trying new foods, and having more energy.
Keep track of progress toward your weight loss goals. Keep track of progress toward your weight loss goals. There are lots of tracking tools available that can be used online or on your smartphone. Visit iTunes’ app store or Google Play to explore tools to track your progress on your smartphone.
Relying on healthful eating and physical activity most days of the week can help you achieve your weight loss goals in a healthy way. Holidays, vacations, and special events can mean setbacks on your weight loss journey. Losing weight involves using up more calories than you take in. One way to do that is to increase your physical activity. Here are some rough estimates of how much exercise it takes to burn off the calories of some favorite treats:.
Snack-sized bag of chips: 1 hour and 30 minutes of strength training.
Medium order of fries: Biking 1 hour and 35 minutes.
Energy bar: Climbing stairs for 25 minutes.
Large vanilla latte with whipped cream: Jogging for 50 minutes.
Quit Notes.
Email.
Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.
Email.
Lose Weight, Feel Great.
Dealing with Weight Gain After Quitting.
Some people gain weight after they quit smoking, but there are ways to avoid weight gain or lose weight while quitting.
Get a Jump on Exercise.
Lose Weight the Healthy Way.
Healthy weight loss starts with a healthy diet. Find out how to eat to lose weight and understand how exercise plays a role.
QuitPlan SmokefreeTXT.
Home About Smokefree FOIA Privacy Accessibility Players & Viewers Disclaimer HHS Vulnerability Disclosure.