Study Finds That Most Common Supplements For Weight Loss Diets Are Not That Effective

July 08, 2015

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The United States is no longer the most obese country in the world, recently bested by its neighbor Mexico. But today almost two out of three American adults and one out of three children are overweight or obese. Reasonably, many of these people are trying to lose weight and improve their overall health. However, making diet and lifestyle changes can prove to be too difficult for some, so these individuals turn to dietary supplements promoted for weight loss. In fact, the use of dietary supplements to ease the journey of weight loss has quickly grown into a common practice.

Americans are actively spending over $2 billion a year on weight-loss supplements in just pill form -- including tablets, capsules, and softgels. Many of these products can be expensive, and worse, some of the ingredients can interact with certain medications and react adversely. Anyone who is considering using weight-loss supplements should discuss the risks and benefits of these products with their health care provider. This study on common ingredients in weight-loss supplements performed clinical trials to test the evidence of efficacy. The findings that this study published on the government-operated site NIH report that most of these common ingredients are not that impressive after all.

Some of these weight loss ingredients, such as Garcinia cambogia, Green coffee bean extract, and Raspberry ketone, have become popular buzz words today due to the heavy advertising push by the product makers. Research findings show that Garcinia cambogia has little to no effect on body weight, just as are many other common ingredients like Hoodia, Yohimbe, or Bitter orange (synephrine). On the other hand, ingredients such as green coffee bean extract and green tea were reported to have a possible modest effect on body weight.

Owner of the cookbook publishing company Cooking With A Foodie says, ?The lesson to be learned from this study is that people should stop placing so much faith in shiny-new products that come and go. If you want to lose weight, there is plenty of fact-based evidence for free on how to lose weight without taking risky pills.? Cooking With A Foodie believes in a balance between exercise and all-natural diets consisting of wholesome foods to lose weight. Their new book on weight loss smoothies will hit the shelves this July.

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For more information about Cooking With A Foodie, contact the company here:Cooking With A FoodieSid Myla6196308292cookingwithafoodie@gmail.com1189 W Upas StSan Diego, 92103

Cooking With A Foodie

Cooking With a Foodie creates high-quality support guides for popular kitchen appliances -- from barbecue and grilling to slow cooking and vegetarian recipes.

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