

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Are Weight Loss Supplements Worth It?

By Valerie de Armas

Are Weight Loss Supplements Worth It?

by: **Valerie de Armas**

What do you think of the hundreds of weight loss supplements out there on the shelves today? Are they worth the money? Will they actually help you lose weight? How do you know which ones are going to work for you? Is there any proof that these products work?

I've taken some time and researched some of the most popular product to try to find the answers for you. The truth is, most products won't help you lose anything but money. There are a few, however, with some research behind them that prove that they actually work.

What are these supplements that work? It seems that only four products hold the best promise for those of us who want to slim down. They are Conjugated Linoleic Acid (CLA), Hydroxycitic Acid (HCA), phaseolomine, and possibly 5-HTP.

1. Conjugated Linoleic Acid, CLA, has a number of research studies behind it. It is a fatty acid that has been found to reduce cancer risks, body fat and to increase lean muscle tissue. The Journal of Nutrition reported a Scandanavian Research team found CLA to increase the lean body mass of humans and also to decrease the fat mass. Subjects also had lower blood fat and cholesterol after taking CLA. CLA does occur naturally in meat and dairy products, but the levels are pretty low. Also, if you're following a healthy low-fat diet, you tend to not get as much meat and dairy, so supplementation may be the answer for getting a healthy dose of CLA.

2. Hydroxycitic Acid, HCA, is derived from a fruit, Garcinia cambogia or Malabar tamarind. It seems to work by inhibiting an enzyme that converts carbohydrates to fat. It also seems to suppress the appetite. Studies on humans have had mixed results with one study showing significant weight loss in participants. Another study using a high fiber diet, showed HCA had no effect on weight loss. Critics think the high fiber diet prevented absorption of the HCA. So, if you're on a high fiber diet, HCA may not be for you.

Are Weight Loss Supplements Worth It?

3. Phaseolomine is derived from the white kidney bean. It works by reducing your body's absorption of starchy carbohydrates. Since you absorb fewer calories, you lose weight. Seems like this supplement would be great to take if you knew you were going to indulge. Research has also shown that you burn more fat while taking phaseolomine. Subjects in one study lost 10% of their body fat in 30 days. Phaseolomine is typically found in carb blocker products.

4. 5HTP works by increasing the level of Serotonin in the brain resulting in more stable emotions, better sleep and weight loss. I take 5HTP myself and have found it to be an excellent appetite suppressant as well as a mild mood booster. In one study where women were given either a placebo or 5HTP and a 1200 calorie diet, those who took the placebo lost 2.28 pounds and those who took 5HTP lost 10.34 pounds. This was accomplished in 6 weeks. Are there other supplements that work? There may be others that will stand the test of time and research, but for now these are the best non-prescription supplements I've found to enhance your weight loss efforts. Good luck losing the weight you want to lose!

Valerie de Armas ©2003

All Rights Reserved

To find other weight loss tips, advice, articles and resources, visit Valerie's Best Weight Loss web site at

Be sure to subscribe to Valerie's free newsletter, "Best Weight Loss Tips" for all the best ways to lose weight.

Weight Loss Supplement

By Rolf Rasmusson

Weight Loss Supplement by Rolf Rasmusson

Weight Loss Supplement - what is it?

The term "weight loss supplement" is familiar to almost everyone nowadays. Weight loss supplement is a dietary supplement that is designed to help people who use it to achieve a considerable loss of weight. The weight loss supplement can be based on various chemicals, vitamins, minerals, herbs, etc. Examples of weight loss supplements include but are not limited to Solidax ADX, Phentermine, Kava - Herbal, Xenical, Fat Absorber TDSL, Bontril, Meridia, and many more.

Weight Loss Supplement - variety.

There is a huge variety of weight loss supplement products available in the market nowadays. All these products have some benefits and some drawbacks which distinguish them from one another. Some of

Are Weight Loss Supplements Worth It?

weight loss supplements are cheaper than others. Some require longer period of use than others. Another example of differences would be the requirement of exercising and diet for some weight loss supplements, compared to other ones available.

Weight Loss Supplement - safety.

Even though the large number of weight loss supplement pills is available in the current market, a lot of them have proven to be ineffective. Also many of them have not been scientifically tested so you can not trust all of the claims made by manufacturers. You should be sure that the weight loss supplement is safe. Consult your doctor and other health professionals before using some type of weight loss supplement. In other words the weight loss supplement needs to be both effective and safe to use.

Weight Loss Supplement - which one is better?

Almost everyone who wants to lose weight asks himself or herself the question: "Which weight loss supplement is the most effective for long-term weight loss?" You will need to read any available research about the weight loss supplement you would like to use, consult with professionals, and make sure the supplement will work with your diet and exercising program.

Additional interesting content at www.nutritional-supplement-4u.com

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares

Are Weight Loss Supplements Worth It?



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!