

FAT

fighters

5

THE TOP

SUPPLEMENTS FOR WEIGHT LOSS

by Sandy DeSha and Jennifer Cherry



weight loss

We've done extensive research and found the five best supplements to assist you in your weight loss efforts. They have been studied, tested and have the best science behind them. Along with a proper diet and exercise, these fat fighters will help you achieve your weight loss goals.

CALCIUM:

What is it? Calcium is a necessary mineral for growth and maintenance of bone. It is the main mineral found in dairy products.

What does it do? Extra calcium suppresses a hormone called calcitriol, which decreases production of fat cells.⁽¹⁾

Scientific Info: In one study, 800 mg a day of supplemental calcium or 3-4 servings of low fat dairy foods per day increased weight and fat loss. Fat loss was the most apparent in the mid-section. It was noted that dairy products exert a greater effect on fat loss than supplemental calcium.⁽¹⁾

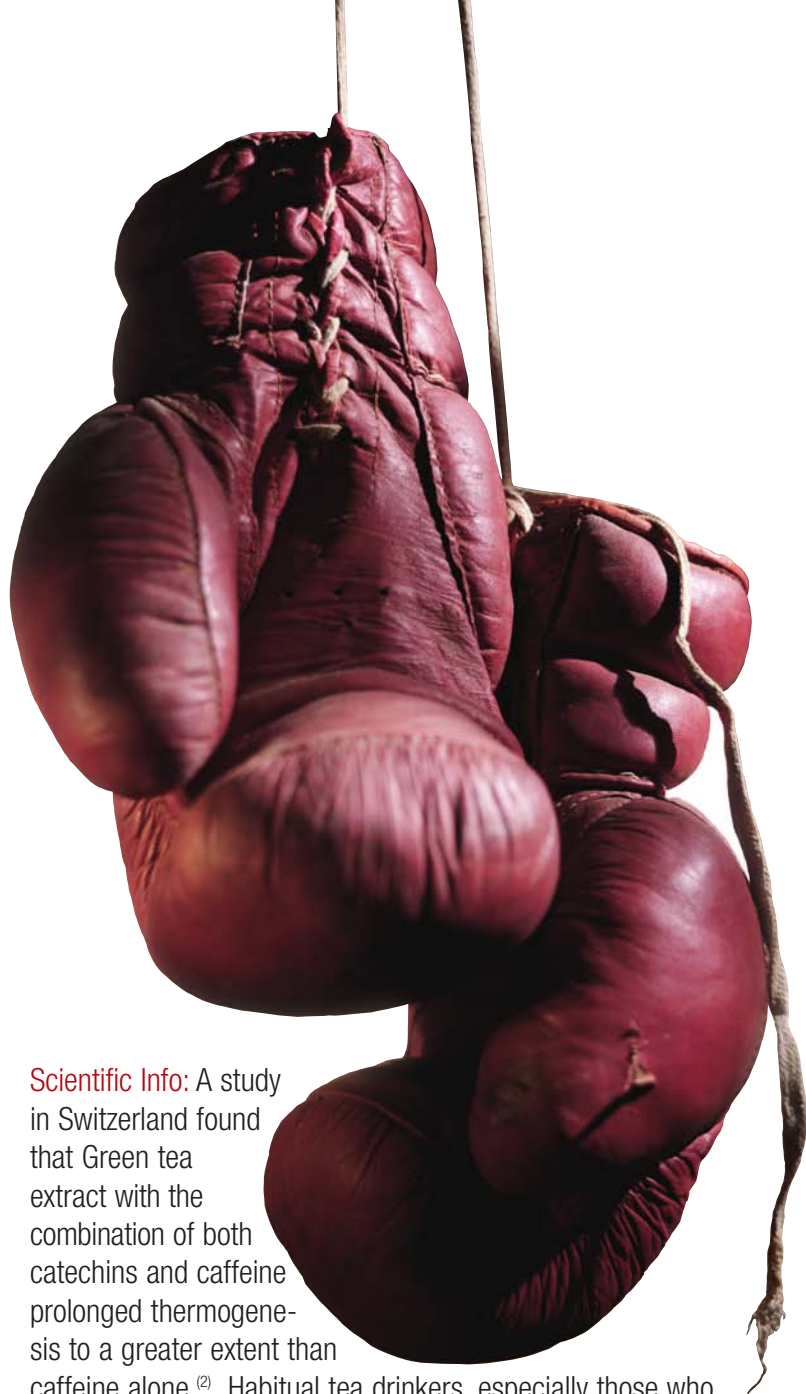
More Benefits: Calcium helps build and maintain healthy teeth and bones. It also keeps your heart beating steadily, and your blood, nerves and muscles working correctly.

How much do I need? 1,000 – 1,200 mg of supplemental calcium per day. We recommend calcium citrate or calcium carbonate. Or, three to five servings of calcium-rich foods per day, such as low-fat milk, cottage cheese, and yogurt.

GREEN TEA EXTRACT:

What is it? Green tea extract is a highly concentrated part of the *Camellia sinensis* leaf. Green tea extract contains naturally occurring caffeine and catechins (antioxidants).

What does it do? Green tea may help you lose weight by increasing 24 hour energy expenditure and fat oxidation, and by stimulating thermogenesis (fat burning).^(2,4)



Scientific Info: A study in Switzerland found that Green tea extract with the combination of both catechins and caffeine prolonged thermogenesis to a greater extent than caffeine alone.⁽²⁾ Habitual tea drinkers, especially those who have maintained the habit of tea consumption for more than 10 years, had a lower body fat percentage and smaller waist-hip ratio than nonhabitual tea drinkers.⁽¹⁸⁾ Look for Green tea extract with naturally occurring caffeine and catechins.

More Benefits: Green tea contains several potent antioxidants that scavenge free-radicals and may help defend against a variety of ailments. A recent animal study demonstrated that Green tea extract markedly improved endurance capacity in mice. Mice fed Green tea extract had prolonged endurance capacity by 8-24%.⁽¹⁷⁾ Green tea was recently declared one of 14 superfoods that may aid in the prevention of disease by Steven Pratt, M.D., who appeared on NBC's News in the Morning.⁽³⁾

>> **50 million** number of Americans that will go on a diet this year.



5% percentage of Americans that will keep the weight off

<<

How much do I need? 90 mg Epigallocatechin Gallate (EGCG) three times a day. EGCG is a catechin contained in Green tea extract. Make sure the Green tea extract in your supplement is standardized for the EGCG content. EGCG is thought to be the catechin responsible for Green tea's thermogenic effect.

Example:

Supplement Facts		
	Amount Per Serving	%Daily Value
Green tea Extract (aerial part) (standardized to 90 mg EGCG)	180 mg	†

CONJUGATED LINOLEIC ACID (CLA)

What is it? CLA is a polyunsaturated conjugated linoleic acid, a fatty acid derived from safflower oil.

What does it do? CLA reduces body fat mass, reduces abdominal adipose tissue and decreases waist circumference in obese people. Results are most evident in overweight people.^(5,6,7,8)

Scientific Info: CLA prevents fat from being deposited in cells. It appears that CLA reduces the activity of lipoprotein lipase, an

enzyme that transfers triglycerides from the blood into fat cells. The storage of fats is therefore reduced, leading to a reduction of fat mass.

More benefits: Studies have shown that CLA helps fight inflammation and enhances immune function.⁽⁸⁾

How much do I need? You need to take 3.4 g of CLA per day. It was noted that lower doses are not effective. You must take CLA longer than one month to see results. Look for the brands Tonalin® or Clarinol®. They will be listed in the supplement facts or the logo will be displayed on the package. These two brands of CLA are standardized, have scientific backing and have published safety data.

FORSKOLIN:

What is it? Forskolin is a diterpene found in the herb, Coleus forskohlii, which is a member of the mint family and native to India.

What does it do? Forskolin has been shown to initiate fat-burning (thermogenesis) by activating an enzyme called adenylyl cyclase. Forskolin helps to maintain a healthy body composition by decreasing body fat and increasing lean body mass.^(9,10,11) Forskolin seems to work well when combined with other thermogenics such as Green tea extract.

Scientific Info: Forskolin increases fat-burning, even in subjects who have a family trait for obesity, and it increases lean body mass. In one study, six overweight females were given 25 mg of Forskolin (a standardized extract), twice a day for eight weeks, half an hour before a meal. Each participant maintained her previous daily physical exercise and eating habits. The results showed that body-weight and fat content significantly decreased, whereas lean body mass significantly increased compared to the baseline values.⁽⁹⁾

More Benefits: Forskolin also has a thyroid stimulating action. This action may contribute to the increase in metabolic rate and thermogenesis. It is also used in India to treat indigestion.⁽¹⁰⁾

How much do I need? 25 mg Forskolin to be taken twice daily, or 15-20 mg Forskolin, three times a day. Look for the brand ForsLean®. It will be listed in the supplement facts or the logo will be displayed on the package. This brand of Forskolin is patented, standardized and has scientific backing. It has also been tested for safety.



Example:

Supplement Facts

	Amount Per Serving	%Daily Value
ForsLean® Coleus forskohlii Extract 90 mg (standardized to 18 mg forskolin)		†

HYDROXYCITRIC ACID (HCA):

What is it? Hydroxycitric acid extract is the active ingredient derived from the rind of the fruit, *Garcinia cambogia*, a native species of India.

What does it do? HCA reduces energy intake (you eat less food), increases satiety (you feel full) and is good for helping you keep off the weight you've already lost. ^(12,13,14)

Scientific Info: Studies have shown HCA to produce a number of beneficial effects, including a reduction of food intake and decreased appetite, especially during the hyperlipogenic nutritional condition produced by high carbohydrate consumption. ^(12,15)

More Benefits: Studies have shown HCA enhances serotonin

(a feel-good hormone in the brain) availability without demonstrating a stimulatory effect on the central nervous system. ^(12,14)

How much do I need? 500 mg HCA, three times daily before meals. Look for the brands CitriMax®, Super CitriMax®, or Citrin®. They will be listed in the supplement facts or the logo will be displayed on the package. These brands of HCA are standardized, have scientific backing and have published safety data. 🌟

Example:

Supplement Facts

	Amount Per Serving	%Daily Value
Citrin® Garcinia cambogia (standardized to 504 mg HCA)	840 mg	†

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Clarinol® is an exclusively licensed product of Loders Croklaan B. V.

ForsLean® is an registered mark and patented product of Sabinsa Corp.

Citrin® is an registered mark of Sabinsa Corp.

CitriMax® is a registered mark of InterHealth Corp.

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