

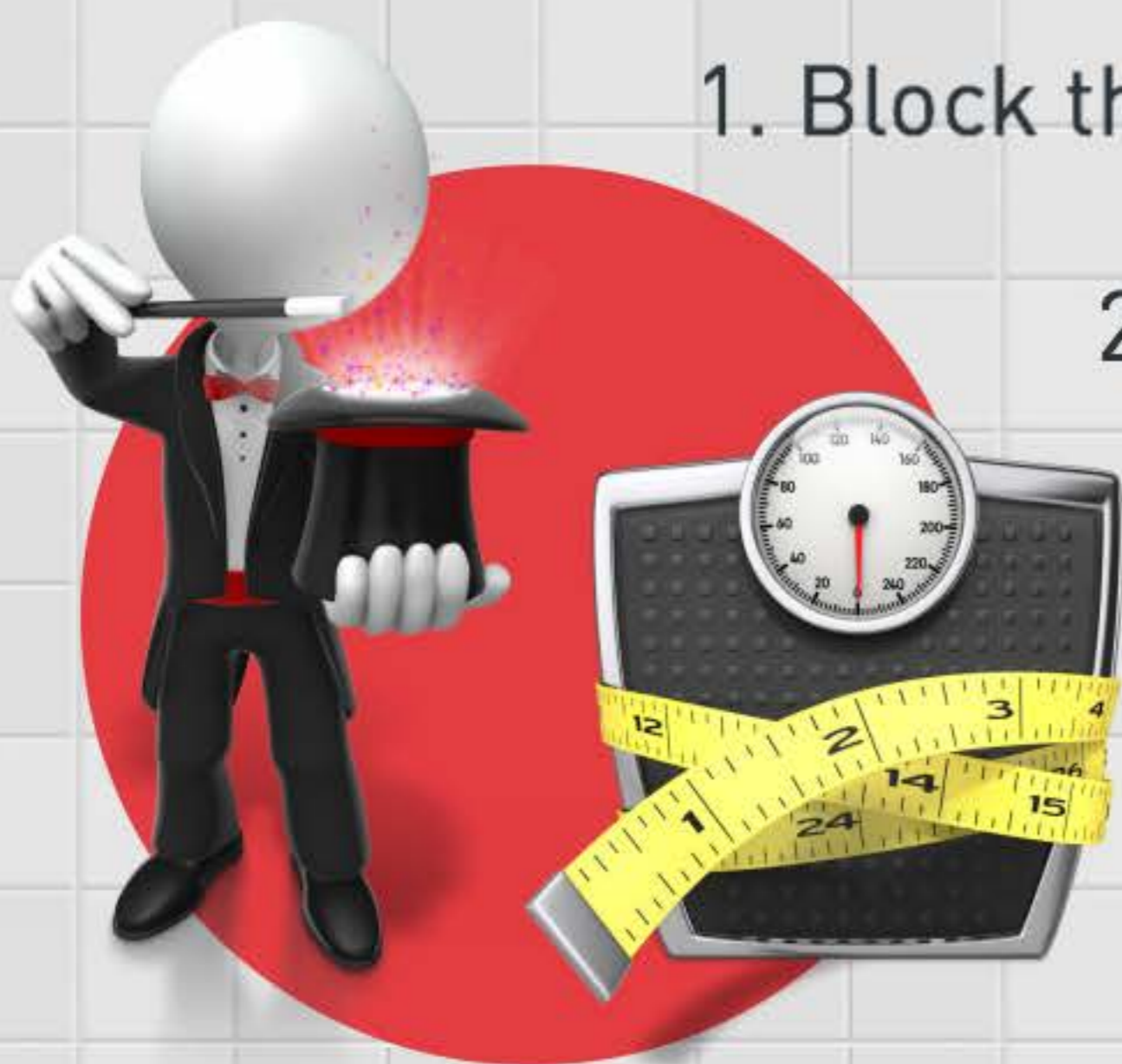
Dietary Supplements for Improving Body Composition and Reducing Body Weight

Reference: by Manore IJSNEM 2012

Designed by @YLMSSportScience

Hypothesized mechanisms of action

1. Block the absorption of fat or carbohydrate



2. Increase thermogenesis



3. Change metabolism and improve body composition

4. Suppress appetite or give a sense of fullness

But Where Is the Evidence?

There is no strong research evidence indicating that a specific supplement will produce significant weight loss (>2 kg), especially in the long term



Green tea, fiber, and calcium supplements or dairy products may complement a healthy lifestyle to produce small weight losses or prevent weight gain over time

Weight-loss supplements containing metabolic stimulants (e.g., caffeine, ephedra, synephrine) are most likely to produce adverse side effects and should be avoided

