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.