

# Caffeine

Caffeine is a stimulant found in coffee tea, soft drinks, and chocolate.

It is also often added to diet pills and supplements.

People who had high caffeine intake get a greater reduction in fat mass.

Side effects of caffeine include jitteriness, increased heart rate, and trouble sleeping.



# Alli (orlistat)

Orlistat is available as a prescription drug. It is also sold over the counter.

Alli is the brand name for the drug orlistat. It is one of the most popular weight loss pills.

It works by preventing the body from breaking down some of the fat that people eat.

When the intestines absorb less fat, weight loss may occur.

It might increase weight loss by a small amount.

People who took orlistat lost an average of 2.9 percent more weight than those who did not take the drug.

Orlistat may cause a change in bowel habits.

People taking orlistat may experience side effects.

These side effects are stomach pain, diarrhoea, and difficulty controlling bowel movements.

## **Glucomannan**

Glucomannan is a type of fiber supplement.

It works by absorbing water in the gut leading to a feeling of fullness.

For those who do take glucomannan, side effects may include gas and diarrhoea.



## **Garcinia cambogia extract**

Garcinia cambogia is a fruit that contains hydroxycitric acid.

Garcinia cambogia extract is a popular natural weight loss aid.

This acid assists in weight loss.

Garcinia cambogia extract contains the juices from this small fruit.

Garcinia cambogia may inhibit or prevent a fat-producing enzyme called citric acid lyase.

There is little scientific evidence to support the use of this extract to help with weight loss.

Although garcinia cambogia extract may not aid in weight loss.

It does not appear to cause many side effects.

## **Pyruvate**

Pyruvate is also sold as a supplement to assist with weight loss by helping break down fat.

The body produces pyruvate when it breaks down sugar.

It also assists in boosting metabolism.

Side effects of pyruvate include gas and bloating.

# Hydroxycut

Hydroxycut is a popular dietary supplement.

Hydroxycut comes in different forms known as a supplement.

There are different Hydroxycut products.

They contain various ingredients.



Hydroxycut products contain plant extracts and caffeine.

The ingredients of Hydroxycut vary.

It is difficult to state the possible side effects.

Hydroxycut supplements that contain caffeine may cause nervousness and increased heart rate.

Hydroxycut is a supplement and does not go through the same rigorous testing.

## **Green tea extract**

Many diet pills contain green tea.

It may increase the body's ability to burn fat and especially fat in the stomach area.

Drinks containing green tea extract may promote the loss of fat around the stomach area.

The increase in fat loss may also result in modest weight loss.

Although green tea extract is usually well tolerated, it can cause stomach pain.

## **Conjugated linoleic acid**

Conjugated linoleic acid is a type of fatty acid found in beef and dairy.

This is one of the best weight loss pills for its potential to boost metabolism.

It also decreases appetite.

Conjugated linoleic acid appears to be safe in doses of up to 6 grams per day for up to 12 months.

Possible side effects include stomach discomfort, diarrhea, or constipation.

It may not be suitable for people who have diabetes

## **Prescription weight loss pills**

Certain weight loss pills are only available through a doctor's prescription.

There are various pills on the market.

Most weight loss medications work by making it harder to absorb dietary fat.

And even suppressing the appetite.

Prescription pills may lead to some weight loss.

They can have side effects depending on the prescription.

These side effects of weight loss pills can include stomach pain and dry mouth.

