

Are There Any Fat Burning Supplements That Really Work?

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I honestly don't know of any other market out there filled with more fairy tale logic, exaggerations and flat-out lies than this one.

Promoting an endless array of "magical" pills, powders, creams and teas to entice your interest, those in the fat burning supplement industry seem to be willing to do just about anything to get their hands on your hard-earned money.

All they have to do is use fancy terms like "clinically proven", "patented", "scientifically formulated" and "research proven"... slap some ingredients together in a fancy bottle... place a grossly excessive price tag on it... place it on the shelves... and people will continue to fork over their cash.

Does it matter if the product actually works? No.

Does it matter if there is concrete research to support its effects? No.

Does it matter if there is any logical basis whatsoever for their claims? No.

As long as there is a compelling advertisement and an uninformed consumer willing to take the bait, this unfortunate situation will continue to perpetuate itself over and over again.

People will continue to spend billions of dollars on this garbage every single year, and the "geniuses" at the top of the ladder will continue to reel in the dough without ever delivering on their promises.

Am I going a bit over the top? Am I exaggerating to make my point stronger?

Not in the least.

Let me make one thing clear here…

There is not a SINGLE fat loss supplement available in the WORLD that could ever take the place of a proper fat loss training approach and nutritional program.

If your goal is to burn body fat and achieve a lean and defined body, then an intelligent workout routine and diet is the only way to get there. There are no shortcuts to any place worth going, and the notion that the "secret" to

rapid fat loss lies in this pill or that powder is completely and totally false.

Does this mean that I am totally against the use of fat burning supplements?

No.

However, it's very important that you see them for what they are: a very small additional boost that should be used in conjunction with a consistent workout plan and proper diet.

In addition, it's also important that you understand that the majority of the fat burning supplements you see lining the shelves ARE a waste of money, and that only a select few are really worth bothering with.

There are literally hundreds, if not thousands of specific fat burning compounds available for use, but throughout my research I can count on one hand those that I really feel are worth trying out.

Here are 3 fat burning compounds that I feel might be worth experimenting with as a small addition to your overall program…

(Make sure to consult your physician before using any of the compounds I'm about to discuss, as individuals with certain pre-existing medical conditions should not use them.)

Ephedrine/Caffeine

Although

these are two separate compounds, ephedrine and caffeine appear to have synergistic effects when used in combination with one another.

EC

combinations increase thermogenesis within the body (the rate at which calories are burned as heat) as well as the metabolic rate. They are also a powerful energy-increasing combination that can be used as an effective pre-workout or pre-cardio stimulant.

The

most commonly used dosage is to consume caffeine and ephedrine in a ratio of 10:1, meaning that you should be ingesting 10 times as much caffeine as compared to the amount of ephedrine. A typical dosage is 15-20mg of ephedrine coupled with 150-200mg of caffeine consumed 2-3 times daily.

Green Tea Extract

A

very rich source of a powerful antioxidant known as "EGCG", green tea extract also appears to have a thermogenic effect in the body, but via different pathway than EC supplements.

It

does so without increasing the heart rate or blood pressure, which is an added benefit for those who want to avoid the "jitters" that are a common response to other stimulants.

When

purchasing green tea extract in pill form, look for products that are standardized to contain a minimum of 90% polyphenols and 55% EGCG. In order to derive all of the fat burning and energy enhancing benefits of green tea extract, aim to consume about 200-400mg of EGCG daily.

Yohimbine

Derived

from the bark of a tree growing in West Africa, yohimbine is an alkaloid that appears to accelerate fat loss by increasing lipolysis during exercise.

It also appears to specifically target stubborn fat areas such as the hips, butt and thighs due to its effects on the "alpha adrenoreceptors", which are present in high numbers on the lower body.

Yohimbine

appears to be effective when used in conjunction with EC combinations. If you are not supplementing with an EC combination then it probably has little use. If you would like to give it a try, start by reducing your ephedrine/caffeine intake by 40-50%, and try adding in just 10mg of yohimbine to start.

These are a few examples of specific fat burning compounds which just may prove to be a useful addition to an effective fat loss approach.

If you want the full inside scoop on weight loss supplements, visit [HowToBurnFat](#) . You can instantly download my "Fat Loss Supplements Exposed" e-book, which contains indepth, unbiased reviews on over 25 of the top-selling fat burning supplements available today.

About The Author

Once an awkward, out-of-shape "social outcast", Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author, and creator of the wildly popular online fat loss program: "The Real Deal Body Transformation System". Learn how to burn fat and lose weight quickly, safely and permanently by visiting: [HowToBurnFat](#) .

Sean

is also the owner and operator of the web's premier fat loss and muscle building support community, currently accepting new members at [FitnessInnerCircle](#) .