

# Fat Burning Supplements



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Healthcare Product Reviews

# Fat-Burning Supplements for Better Health

In 2009-2010, the National Health and Nutrition Examination Survey reported that 2 in 3 adults in the United States are considered **overweight** or **obese**. This number has only continued to increase over the last six years.

Health risks of obesity include heart disease, hypertension, type 2 diabetes, nonalcoholic fatty liver disease, stroke, osteoarthritis, and some types of cancers. Additionally, it is important for us to lose the **excess body fat** because it can cause decreased mobility, poor emotional health, poor circulation, and decreased libido.

## Excess Body Fat

In general, excess body fat accumulates when the energy in the body is **imbalanced**. We need a certain amount of calories and activity for the body to keep up with basic life functions. The body tends to stay the same weight if one eats the same amount of calories that he or she burns. Going for long periods eating and drinking more calories than are burned will lead to excess body fat. This energy imbalance can be caused by eating habits and lifestyle, genes, emotions, and socioeconomic factors.

The fats taken in our diet are stored as triglycerides in the fat cells. When they are released by the enzyme, hormone-sensitive lipase (HSL), fatty acids are circulated into the blood and bound to albumin, a protein, which binds to muscles to be burned away.

The breakdown of fatty acids produces ATP, the energy powerhouse of cells. ATP assists in the metabolic processes like body temperature, breathing rate, excretion, and digestion, all of which help the body maintain **good basic functioning** and a **healthy weight**.

There is no easy fix or short cut **to fat burning**. Natural ways to burn fat include the basic lifestyle changes in diet and exercise. However, many often look for that additional help of using fat-burning supplements for better health. It is important to note here that fat-burning supplements do frequently work, but only as a complement to a healthy lifestyle.

## Fat-burning Supplements for Better Health

**Fat-burning supplements for better health** usually have the following ingredients: HCA, ephedra, and pyruvate. These substances can increase metabolism, curb appetite, or increase body temperature, which would raise metabolism.

Fat burners also tend to increase the rate of digestion so that there are less fat stores. Tolerance can become an issue with fat-burning supplements. The body will get used to the ingredients and, therefore, the supplement will cease to work.

Unfortunately, most people believe that fat-burning supplements are always made from all-natural ingredients; this is untrue, so increasing the dosage could actually be harmful to the body and cause major health problems.

Since they are FDA approved and studied in clinical trials, it is proven that they have the long-term positive effects; however, it is important to do thorough research on a supplement before adding it to your regimen.

# Featured Fat-Burning Supplement for Better Health

## Phen375

Featured in: [Fat Burning](#), [Metabolism Boosters](#), [Obesity Treatment](#), [Suppressing Appetite](#)

**Phen375** is unique in the sense that it not only enhances metabolism but also suppresses your appetite and helps burn fat. You get very impressive results when calorie intake is also reduced in a very fast and safe manner. The product is manufactured in the USA and Europe and has been approved by FDA and European Public Health Alliance. The user feedbacks reveal that Phen375 allows people to confidently lose 25lbs / 11kg in six weeks.

**Money Back Guarantee:** If you do not lose weight in 30 days, the manufacturer will refund the purchase price as per the return policy as stated on their website.

**Phen375 Ingredients:** Calcium Carbonate 36% Grain, Chromium(pikolinate) 12%, Proprietary Blend, L-carnitine(l-tartrate) 68%, Citrus Aurantium(fruit) Extract {standardized For 10% Synephrine}, Caffeine Powder Anhydrous(capsicum Frutescens), Cayenne(capsicum) 10m Hu/g, Dendrobium Nobile Extract (from Orchids), Coleus Forskolii Root Pe(10% Forskolin).

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