

Title:

The "Magic" of Weight Loss

Word Count:

538

Summary:

A review of the more commonly tried weight loss products, including pills, supplements and diet

Keywords:

Weight loss, diet pills, diet drinks, lose weight fast, fat binder, fat blocker

Article Body:

"The 'Magic' of Weight Loss."

There are almost as many weight loss products at this point as there are stars in the heavens.

In the US today, an estimated 50 million people try to lose weight annually, but unfortunately

Here are some of the examples of weight loss products on the market today:

- Herbalife Program. Dieters rely on shakes with two meals per day and herbal supplement
- Nestle's Sweet Success. Recommended to take three times per day. The initial quick weight
- Ultra Slim Fast. A diet drink or powder to mix with beverages that is a meal substitute
- Diet pills containing Ephedra and/or PPA (phenylproanolamine hydrochloride). These products
- Chitosan products. These contain fibers from shellfish and can cause diarrhea and gas.
- Chromium supplements. Claims have ranged from lowering blood sugar levels and body fat
- Green Tea Extract. This is a well known anti-oxidant which in sufficient quantities can
- St. John's Wort. A mild anti-depressant that has known interactions with many medications
- Xenical. Proven in clinical trials and FDA approved for weight loss. This product binds

Well, that covers some of the more popular products. The final verdict is that no matter how many

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