



Effect of Dietary Supplements in Reducing Body-Weight

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DESCRIPTION

Weight loss supplements are marketed to provide patients with faster and easier success than cutting calories and increasing exercise. Despite concerns about efficacy and safety, these products continue to be an attractive alternative or supplement for weight management.

Several mechanisms have been proposed to differentiate the activity of these products. These include products that are thought to be: fat blockers, fat-forming or fat-burning agents, energy regulators or thermogenics, and products that may alter carbohydrate metabolism, dehydration or feeling full.

It is important to study the literature on functional foods which are currently marketed and advertised for weight loss through altered mechanisms of fat absorption, fat metabolism and/or storage of fat.

The number of people with body weight above ideal weight is increasing, especially in developed countries. For example, in the United States, more than half of the adult population must now be classified as overweight or obese. Based on a normal body mass index (BMI; in kg/m) of 18.5 to 24.9, 31% of the US adult population is obese (BMI \geq 30) and an additional 34% overweight (BMI \geq 25);

Omega3 is a supplement that promotes a number of health benefits. The evidence for omega-3s for weight loss or body fat is inconclusive. It is important to have enough knowledge on studies that have evaluated the effects of omega-3 supplementation and changes in body weight and/or body fat in humans.

A balanced diet, combined with physical activity (PA), appears to be an appropriate approach to maintaining a healthy body weight. However, many adults use supplements as part of a holistic approach to weight management. Despite the lack of convincing evidence of a significant impact of dietary supplement use on weight loss dietary supplements are becoming increasingly popular. In the United States, more than 60% of adults and in Australia, more than 70% of the university population have used dietary supplements.

Interest in dietary supplements promoting weight loss (DSSWR) has been noted in Poland, but also in other countries.

Weight management in underweight individuals is also widely available, but studies are limited. In Poland, 60.6% of underweight adults and 61.7% of overweight adults have attempted to lose weight in the past 6 months, and many of them have used

slimming preparations. According to Kozowska and Poland, the main reasons for using DSSWR in adults were aesthetic concerns (63.8%), low self-esteem (48.3%) and slim body fashion (29, 3%). People who are overweight or underweight are willing to change their body condition because they may not be satisfied with their weight and appearance.

The researchers looked at the following 12 ingredients: calcium and vitamin D, chitosan, chocolate / cocoa, chromium, ephedra or caffeine, garcinia and/or hydroxycitrate, tea, guar gum, conjugated linoleic acid (CLA), floatus, phenylpropylamine, pyruvate.

Even if there has been a supplement, ingredient, herb, tincture, etc., that could work, dietary supplements aren't regulated through the FDA. Understanding the producing practices, diploma of lively components as opposed to fillers, dose, quality, and efficacy, may be not possible to formulate.

Zinc (Zn) is the most abundant trace element in the human body and plays an important role in growth and development (Hara et al., 2017). This metal is involved in the regulation of chronic inflammation by reducing inflammatory cytokines. It also reduces oxidative stress by participating in the synthesis of antioxidant enzymes such as superoxide dismutase and glutathione peroxidase. Therefore, it acts as a catalyst for enzymes and participates in the metabolism of lipids, carbohydrates and proteins.

CLA exists in milk, beef, and veal, lamb, pork, safflower and sunflower oils. Cooking foods with CLA can increase the amount of CLA consumed. Note that herbivores have higher levels of CLA, which is found in their meat or milk. Cows, sheep, and goats all provide CLA, with cows being the richest source of fatty acids. CLA, or Conjugated Linoleic Acid, occurs naturally in dairy and meat products and is a fatty acid. On-going studies of CLA demonstrate its ability to promote weight loss, maintain lean muscle, control blood sugar, and help people with type 2 diabetes. People living with obesity have been closely studied the benefits of consuming CLA and weight loss as a result.

You can reap the benefits of taking CLA by consuming specific foods or taking a daily supplement. Whether you're using CLA to promote weight loss along with regular exercise or on its own, burning fat isn't all this fatty acid can do. In addition to achieving your weight loss goals, you can also benefit from CLA's other beneficial properties.

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