

FAT Burners

The SKINNY on

By JOE CANNON, MS, CSCS

I have an addiction that only my closest friends know. I know admitting a problem is the first step to recovery so here it goes. I'm utterly addicted to talk radio. Whenever I'm in my car traveling to and from client's homes I hardly ever listen to music. Rather, my days are filled with the voices of a variety of talk show personalities whom many of you who share my addiction are probably familiar. Throughout the day I find myself listening to all of the commercials, paying special attention to those about nutritional supplements because as you probably know by now, supplements are my favorite topic to talk about (that's another addiction I have). Because weight loss supplements are very popular, below is a brief review of some of the more common ingredients found in fat burners today.



- **Green Tea:** Some preliminary evidence finds that it might promote weight loss in overweight people. Supplements that contain green tea usually list it as EGCG, which stands for a compound called Epigallo Catechin Gallate (now you know why they call it EGCG for short!). The exact amount that might help weight loss is still undergoing study and readers

should be reminded that green tea is actually a combination of hundreds of diverse compounds, including caffeine, which also has a mild fat burner effect. I would much rather see people drink green tea (hot or cold) than use an isolated compound like EGCG. This is because I wonder if these other green tea compounds help EGCG impact weight loss.

- **L theanine:** An amino acid found in green tea. Some evidence finds L theanine may be of help to those with anxiety. Currently though there isn't much evidence on L theanine and weight loss.

- **Garcinia cambogia:** Also called HCA which stands for hydroxy citric acid, garcinia cambogia does have some preliminary but controversial evidence suggesting that it may decrease food intake in overweight people. More research is needed to confirm these findings but initial results are positive with 300 mg a day used over the course of several weeks. Other evidence



suggests that this supplement may help long duration aerobic exercise by promoting the burning of stored fat over carbohydrates. Based on this, garcinia cambogia or supplements that contain it may prove beneficial to triathletes, marathon runners and other similar athletes.



- **Vitamin C:** One of the water-soluble vitamins and is critical for the production of collagen. High doses may also slightly shorten the time that people experience colds and flus. Currently there isn't much evidence that vitamin C promotes fat loss.

- **Vanadyl Sulfate:** The mineral vanadium (which is what vanadyl sulfate is derived from) acts like the hormone insulin in some sea dwelling animals by lowering blood sugar. Because of this, some speculate that vanadyl sulfate might help regulate blood sugar levels in people. Vanadyl sulfate is used in some weight loss supplements because of the thought that by better stabilizing blood sugar; it might curb appetite and contribute to weight loss. While in theory this might make sense, currently there is limited evidence of vanadyl sulfate promoting weight loss in humans. Realize that vanadium is not without negative side effects such as possible harming of the kidneys when used in high doses. Vanadyl sulfate was popular among bodybuilders in the 1990s because of speculation that it might help people get stronger. Just for the record, it doesn't. Diabetics should see their doctor before using vanadyl sulfate because of its blood sugar lowering effect. As an aside, people who are thinking about vanadyl sulfate to lower their blood sugar should look no further than the treadmill that is probably collecting dust in their basement. A simple 20 minute walk can lower blood sugar levels and has a lot of other benefits that vanadyl sulfate just can't compete with.

- **Banaba leaf extract:** Another compound that has some preliminary evidence suggesting that it might lower blood sugar levels in type II diabetics. Other preliminary research finds banaba may reduce weight in obese mice that have been genetically altered to be obese. This is intriguing and I am looking forward to seeing human weight loss studies conducted on this supplement.



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