WEIGHT LOSS

Zinc Deficiency of zinc reduces leptin, a beneficial hormone that regulates appetite, which is reversed by zinc repletion.[10,37]

Asparagine This amino acid increases insulin sensitivity which helps the body store energy in muscle instead of storing it as body fat.[1,2]

Biotin Boosts metabolism by improving glycemic control (stabilizes blood sugar) and lowering insulin, a hormone that promotes fat formation.[3,4,5]

Carnitine Carries fatty acids into cell so they can be burned for fuel; Helps reduce visceral adiposity (belly fat).[6,7]

Calcium Inhibits the formation of fat cells; Also helps oxidize (burn) fat cells.[8,9,10]

Vitamin K Poor vitamin K status linked to excess fat tissue; Vitamin K helps metabolize sugars.[35,36]

Lipoic Acid Improves glucose uptake into cells, which helps a person burn carbohydrates more efficiently.[11,12,13]

Vitamin D Deficiency strongly linked to poor metabolism of carbohydrates; Genes that are regulated by vitamin D may alter the way fat cells form in some people.[8,33,34]

Chromium Makes the body more sensitive to insulin, helping to reduce body fat and increase lean muscle.[14,15,16,27,28,4]

Vitamin E Inhibits pre-fat cells from changing into mature fat cells, thus reducing body fat.[10,31,32]

Vitamin B5 Taking B5 lowers body weight by activating lipoprotein lipase, an enzyme that burns fat cells. One study linked B5 supplementation to less hunger when dieting.[17,18]

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Vitamin A Enhances expression of genes that reduce a person's tendency to store food as fat; Reduces the size of fat cells.[10,29,30]

Magnesium Low magnesium in cells impairs a person's ability to use glucose for fuel, instead storing it as fat; Correcting a magnesium deficiency stimulates metabolism by increasing insulin sensitivity. Magnesium may also inhibit fat absorption.[19,20,21]

Vitamin B3 (niacin) Treatment with B3 increases adiponectin, a weight-loss hormone secreted by fat cells; Niacin-bound chromium supplements helped reduced body weight in clinical trials.[26,27,28]

Inositol Supplementation may increase adiponectin levels.[25]

Cysteine Supplementation with this antioxidant reduced body fat in obese patients.[24]

Glutamine Reduces fat mass by improving glucose uptake into muscle.[22,23]

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