

Published based on [Weight Loss Supplements for Women.](#)

Weight Loss Supplements for Women.

There are a lot of [weight loss supplements for women](#).

There is a lot of confusion about which supplements to use. This article will direct you to the best weight loss pills designed for women. This is important because women's bodies tend to hold onto fat.

Remember, supplements can not replace proper diet and exercise. Supplements work best when used with a healthy diet and exercise. They help your body to burn the fat faster.

These are the available supplements:

Chitosan

Chitosan is a fibre that binds to fat and effectively removes it from your body. Dietary fibre bonds with fat molecules in the digestive system, and helps the body to eliminate the fat along with the fiber.

Chitosan can't be digested, absorbed fat is then passed out of the body. Taking Chitosan with a low fat eating plan and regular exercise will help you lose the weight fast. Take Chitosan 15 minutes before eating.

Dosage: Read the instructions on the label.

Ma Huang

Ma Huang is a popular Asian herb. It has been used as a decongestant for over 5,000 years. Later they discovered that it also works to help the body burn fat.

The active ingredient of Ma Huang is ephedrine. Ephedrine contains powerful fat burning properties. It speeds up thermogenesis, which is the process by which the body burns fat for energy.

Ma Huang increases the body's basal metabolic rate, which allows your body to mobilize stored fat and carbohydrate reserves. It also works to reduce your appetite.

If you combine Ma Huang with White willow bark and Guarana it will further increase fat burning.

Dosage 300mgs twice a day.

Zhi Shi

Zhi Shi (or bitter orange) is the immature dried fruit of citrus aurantium. Zhi Shi acts as a thermogenic and is even better than ephedrine and with fewer side effects.

Zhi Shi can be very effective stimulating the metabolism (this causes fat burning) without any negative effects on the nervous system. Citrus aurantium also acts as an appetite suppressant.

If you combine it with caffeine, white willow bark, cayenne and green tea you will achieve greater thermogenic action.

Dosage 300mg three times a day.

Pyruvate

Pyruvate is a naturally occurring substance that is found in weight loss and fat-burning herbal concoctions.

Studies have shown that using [diet](#) pills containing pyruvate combined with restricting caloric intake slightly and exercising regularly will stimulate your metabolism resulting in [weight loss](#).

Pyruvate produces ATP, which makes it a great supplement to take with creatine and ALC (Alpha Lipic Acid) comes in Sodium and Calcium, try Calcium.

Dosage take 1gram to 5grams per day.

Bcaas

Branched Chain Amino Acids, the body cannot produce these amino acids itself therefore it is essential to provide the body with these amino acids with supplementation.

The three Bcaas (Valine, Leucine, and Isoleucine) make up 70 % of the amino acids in the body. Bcaas are used by muscle tissue during long workouts.

You need to consume these essential amino acids or your body will break down lean muscle tissue when you are working out strenuously.

Bcaas are found in most good protein powders these days.

Dosage 5 grams - 15 grams

Ribose

Ribose is a simple sugar used by the body to build and restore energy.

Ribose is important for the production of ATP. ATP is the major source of energy used by muscle tissues to maintain normal function. Studies have shown that Ribose increases muscular levels, boosts endurance, and promotes recovery! It also increases your energy levels.

Another new supplement which looks very promising.

Follow dosage on the bottle.

Nacn-Acetyl-Cysteine (or NAC)

NAC is a powerful anti-oxidant. It neutralizes free radicals to help slow down the ageing process.

NAC has all the properties of l-cysteine and may be the most cost effective way to boost peptide levels in the body. NAC has been shown to safeguard the body against cigarette smoke, auto exhaust, and certain herbicides.

It can also be beneficial in prostate and respiratory conditions. It is more effective than supplementing with cysteine, methionine, or even glutathione itself! It is less expensive and a very effective anti-oxidant.

Follow dosage on the bottle.

Multi-Vitamins and Minerals

Mult-vitamins and mineral supplements are very important to keep your body strong especially when you are active. The body needs an array of nutrients to keep it running it's best. If the body is deficient your health will decline.

Supplements are added to the diet to make up for a nutritional deficiency or imbalance they are not intended to be a substitute for eating a balanced diet. If you take vitamins they should be used to supplement a healthy diet not replace it.

Check out this report to see the [best diet pills for women!](#)

Or click on this link to to know more about [how to loose weight!](#)

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