

## **What is a FAT BURNER ??**

### **Which one should I take?**

Fat Burners work differently depending on what type of fat burner you buy. I would categorize them this way.

- Thermogenic
- Appetite Suppressant
- Thyroid Support
- Diuretic
- Miscellaneous

Before I go into what each category does, it is important to go to a reputable company and talk to someone who can help you pick what is best for you so you avoid negative side effects. If you have high blood pressure, you are on thyroid medication, or you are taking an antidepressant, then you would avoid some of these categories of fat loss products. Some companies tend to push the limits and will take more risk on what they include in their product. The source of the ingredients, the quantity in a serving, and the combination of products that are blended together is important. It is possible to source fat burners that may have very little or no safety data or science for the ingredients they contain. So the buyer must beware. Companies that are making grandiose claims about melting away pounds in a short period of time and products that contain odd ingredients should be viewed skeptically.

**Thermogenic** – These products are meant to stimulate fat breakdown and may work on multiple pathways. They tend to increase your core temperature and will make you feel warm. They should increase your metabolism.

**Appetite Suppressant** – As the name implies, these products will help curb your appetite and help you avoid overeating.

**Thyroid Support** – Our thyroid helps control metabolism. If you are calorie restricting, your thyroid may potentially send signals to slow down your metabolism. That is the opposite effect you are looking for if you are trying to lose body fat. These products help stimulate your thyroid to prevent it from working against you.

**Diuretic** – Some people hold water, especially if they are not eating very well. A diuretic can help you feel less bloated and get rid of

excess water weight. Drinking plenty of water is always a good idea when doing a diuretic.

**Other** – There are other dietary supplements that have beneficial fat loss effects. These would include **CLA**. This product is found to improve body composition by increasing the breakdown of fat, prohibiting additional fat accumulation, increasing fat burning and utilization of energy. **Carnitine** is part of the shuttle that allows us to burn fat. Without Carnitine we couldn't burn fat. Carnitine and CLA are both non-stimulating ingredients that can be used separately or in conjunction with other fat burners.

**Conclusion --** Some products contain a combination of the above ingredients. They are meant to work on multiple fat burning pathways in our bodies. Examples would include Max Muscle brand LIPO Red, ThermXXX, and Quadra Cuts Competition.

The Max Muscle brand takes much care to follow the science and safety data so the products are safe and won't make your heart race. We have worked with literally thousands of customers that have had great results.

Come on in and ask for a free sample. We'll let you try these before you buy. That way you'll know how they make you feel. We don't want to sell you something you don't like.

If you have any other questions or would like some individual help picking out a fat burner, drop in to one of our Quad Cities locations and talk to one of our Certified Sports Nutrition Specialists. We'll make sure you get something that is appropriate for your needs. Of course we'll also talk about some form of exercise and good nutrition.

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