

## **WEIGHT LOSS FAT BURNING**



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Weight loss, in the context of medicine, health, or physical fitness, refers to a reduction of the total body mass, due to a mean loss of fluid, body fat or adipose tissue or lean mass, namely bone mineral deposits, muscle, tendon, and other connective tissue. Weight loss can either occur unintentionally due to malnourishment or an underlying disease or arise from a conscious effort to improve

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### **Dietary Supplements for Weight Loss Health Professional**

This fact sheet provides information on weight-loss dietary supplements \*, including summaries of research on the safety and efficacy of several of the most commonly used ingredients in these products. Health experts agree that making lifestyle changes including following a healthy eating pattern

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