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### Supplement Critique

Slimquick Pure: Weight Loss Designed for Women claims that their product is the most effective weight loss supplement for women on the market, that women who use their product will lose three times the weight in just 13 weeks, and that their products are “100% good, nothing bad!” There is no scientific peer reviewed articles based on Slimquick, however, Slimquick has been linked to liver failure in several reported cases. The advertising for Slimquick raises several red flags; their website claims that you are guaranteed to lose weight, or your money back. Also, their websites claims that Slimquick should be taken along with a 1350 calorie diet, which is concerning because the average daily caloric intake for a woman is 1600-2000 calories. In addition to the low calorie diet and money back guarantee, it also raises red flags when the company claims that their product not only aids in weight loss, but also in reducing stress, supporting hormones, and boosting energy. Positive aspects of this supplement are: the idea of a product designed specifically for women, targeting common problems that a large number of women face, and the product comes with options to receive workout guides and join challenges. Negative aspects of this supplement are: the suggestion that it be taken with a low calorie diet and the correlation between Slimquick and liver failure. I would not recommend this supplement to anyone. I feel that there is a better chance of it doing harm or nothing at all than there is of seeing any kind of results in weight loss, stress relief, hormone balance, or increased energy levels.

### Works Cited

SLIMQUICK Laboratories. "How it Works." Myslimquick.com, 2016. Web. 23 Feb. 2016.

Weinstein, Douglas H., Twaddell, William S., Raufman, Jean-Pierre., Philosophe, Benjamin, and Mindikoglu, Ayse L. "Case Report: SlimQuick™ - Associated Hepatotoxicity in a Woman With Alpha-1 Antitrypsin Heterozygosity." *World Journal of Hepatology* 4.4 (2012): 154-57. Web. 23 Feb. 2016.