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Diet Drug Half Truths

There are tons of diet drugs available over-the-counter; easily within reach of interested buyers, who are only informed about the half-truths of the products. Here, we share with you the other half of their deceptive statements so that you can make informed decisions before you buy.

02 That "fat-absorbing" dietary fibre from shellfish?!

Up till today, there's only anecdotal evidence on its effectiveness. Even the studies done on Chitosan generated inconclusive results!² So, are you sure they actually work?



Chitosan

04 This tamarind will help us lose weight, they say.

Who say? You mean Dr Oz⁵? Well, the results of the studies done on this fruit are inconsistent.⁶ And in 2014, Livescience.com eventually reported that Garcinia Cambogia may be toxic to some.⁷



Garcinia Cambogia

Even after doing much research and evaluation, always consult a certified medical profession before trying any new products or when in doubt.

01

Think caffeine can help you lose weight?

Think again! Even when caffeine boosts your metabolic rate, it can do nothing much if you keep consuming those caffeinated beverages that are high in calories and fat!¹



Caffeine



03

This fake news has been around for far too long.

All right, folks! Although the men from the Kalahari desert depended on this to stave off hunger³, a study⁴ published in 2011 revealed that it doesn't work. Despite this, hoodia is still being sold everywhere.



Hoodia

¹ <http://www.mayoclinic.org/healthy-living/weight-loss/expert-answers/caffeine/faq-20058459>

² <http://www.leanhigh.com/weight-loss/tips/what-is-chitosan-and-how-effective-is-it-for-weight-loss>

³ <http://altmedicine.about.com/od/popularhealthdiets/a/hoodia1.htm>

⁴ <http://www.sciencebasedmedicine.org/weight-loss-customers-are-being-hoodia-winked/>

⁵ <http://garciniaextracts.com/garcinia-cambogia-dr-oz/dr-ozs-weight-loss-miracle/>

⁶ <http://www.sciencebasedmedicine.org/garcinia-probably-works-but-is-far-from-a-weight-loss-miracle/>

⁷ <http://www.livescience.com/45146-garcinia-cambogia-serotonin-toxicity.html>