

Losing Weight



Supplement	Function	Product
Protein	Muscle repair and growth. Also increase thermogenic effect, i.e. more calories used during protein metabolism compared to carbohydrate and fat.	EAS Myopro Whey - MET-Rx Whey Nutrisport 90+ - Maximuscle Promax
L-Carnitine	Transport vehicle for fatty acids, directs them to the mitochondria of the muscle where they are oxidised.	Problab - Viridian - Solgar
Caffeine/Guarana (slow release caffeine)	Increases metabolism and activates lipolysis (fat breakdown).	Problab Caff - Lifeplan Guarana Maximuscle Thermobol
Fish Oils/Omega 3 Fatty Acids	Activate receptor on fat cells which stimulate the breakdown of fats and inhibit fat storage.	Natures Aid - MET-Rx - EFA
Green Tea Extract	Contains compounds called catechins which have been shown to increase the breakdown of lipids in fat cells.	Power Health - Quest
HCA (hydroxycitric acid)	Inhibits the enzyme that converts sugar to fat.	Power Health
CLA (conjugated linoleic acid)	Inhibits the enzyme (LPL) which stores fat and also induces the breakdown of fat cells	MET-Rx - Maximuscle - EAS

TIPS:

- ❖ There are 2 methods which can be employed in order to lose weight:
 1. energy output must be greater than energy input
 2. energy input must be less than energy output
- ❖ Timing of meals is important as metabolism slows as the day progresses. Therefore eat a large breakfast, medium lunch and a small dinner
- ❖ Food types are key:
 1. Carbs must be low GI (avoid refined foods – white bread, cereals, chips, rice cakes)
 2. Protein must be lean (reduce red meat intake)
 3. Fats must be mono (olive oil, avocado) or polyunsaturated (fish, nuts, seeds) – limit saturated fat
- ❖ Limit carb intake in the evening as this will prevent insulin spikes and hence fat storage