

MEN'S FITNESS

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THE BEST WEIGHT LOSS SUPPLEMENT STACK

Weight loss supplements get a bad rap. And when it comes to synthetic blends of useless minerals that won't do more than help you shed water weight for a short-lived slim down—well, they deserve the bad press. But there are certain vitamins, minerals, and nutrient concentrations found in nature that, when taken along with a healthy diet and workout routine, have the ability to rev your metabolism and help your body process macronutrients more efficiently. If you're looking to lose fat, stock up on these 10 supplements.

*Always talk to your doctor if you're unsure whether a supplement is right for you.

It's no secret that **protein** is a gym junkie's best friend. But it actually does more than just carve cut muscles—a [2014 meta-analysis in the *Journal of the American College of Nutrition*](#) found that people lost roughly 10 pounds after incorporating whey protein into their diet. And the milk derivative actually outperforms other protein sources: Overweight individuals who drank one whey protein shake a day lost more weight than those who drank a soy protein shake, according to [a study in the *Journal of Nutrition*](#). It works in a few ways: Whey suppresses your appetite, therefore helping you eat less, but the fact that it's also one of the best aids in building muscle plays a big role, says **Franci Cohen**, personal trainer, certified nutritionist, exercise physiologist, and founder of **Fuel Fitness** in Brooklyn. "Muscle has a higher metabolic rate than fat, so every pound of fat you replace with muscle in turn increases your metabolism and fat-burning abilities a bit more," she explains. Plus, because it contains the same molecules as carbs and fats plus one more (nitrogen), protein requires more energy to digest, so you'll burn more calories as your body processes the nutrient, Cohen adds.

This fiber, commonly called "shark cartilage," comes from the exoskeletons of insects and crustaceans. Research is mixed, but [a large study analysis in the *Journal of Obesity*](#) found that when people took chitosan twice a day with food, they had significantly lower BMIs and body fat as well as less bloating and **flatulence** than people who took a placebo. It doesn't have magical fat burning abilities, but, because it's a type of dietary fiber, it may help keep you full longer, which in turn leads to you eating less, Cohen explains. NOTE: Take this supp at a different time than you do the others (so if you take the others in the AM, take this one in the afternoon or vice versa.) "Chitosan may bind the other nutrients and lower absorption rate," explains Jalali.

Derived from a salt taken from the rind of a Southeast Asian dried fruit plant, HCA helps suppress your appetite, reduce the amount of fat your body absorbs from your diet, and increase your metabolism, explains Cohen. When compared to taking a placebo, HCA supplements can help decrease the amount of **visceral, subcutaneous, and total fat**, according to **a 2011 British study**. HCA is often sold in the form of garcinia extract—the name of the plant it’s derived from. But this is useless if it doesn’t have the right amount of the active ingredient, Cohen adds. Look for either a pure HCA supplement or a garcinia extract with 50 percent HCA.