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# Girth Control: The Science Of Fat Loss And Muscle Gain.pdf

## !!EXCLUSIVE!!



after consumers realized that many weight-loss dietary supplements were misbranded, the fda issued a gag order, which prevents retail or online sellers from disclosing information about the presence of undeclared drug ingredients in their products [ 142 ]. as a result,

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consumers cannot verify that the products they purchase are safe. a similar crackdown on products containing undeclared drug ingredients has been undertaken by the european union. in 2013, the european commission issued a gag order on sibutramine-containing dietary supplements and required the manufacturers of sibutramine-containing dietary supplements to submit a list of all sibutramine-containing products, an ingredient list for each product, and information about the manufacturer of each product. unfortunately, the recall of tainted weight-loss products also forced the recall of many supplements that did not contain undeclared drugs. the fda's quick recall guidance offers guidance to manufacturers, importers, and distributors to identify and correct potential product defects that are not immediately apparent and should be corrected before the products are

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marketed to consumers. current research: the scientific evidence suggests that, compared with diet and exercise, nutritional supplements do not promote weight loss. although the use of dietary supplements has increased dramatically over the last few years, it is unclear whether their use is associated with a healthier body composition. in a study of weight-loss participants in the action for health in diabetes (look ahead) trial, dietary supplement use was not associated with a lower body mass index or lower percent body fat [ 171 ]. in addition, a systematic review of 12 studies that used calorically restricted diets with or without exercise found no significant differences in weight loss or percent body fat between dietary supplement users and nonusers [ 210 ]. a randomized controlled trial found no differences in weight change or other outcomes between a low-fat diet with or

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without the addition of a multivitamin-multimineral supplement (vitamins a, c, d, e, b6, b12, folic acid, niacin, pantothenic acid, magnesium, iron, zinc, and copper) [ 211 ]. a randomized, double-blind study found that a multivitamin and multimineral supplement with one-third of the recommended daily allowance of vitamin d3 and 800 mg of calcium produced no significant differences in waist circumference or other outcomes compared with placebo [ 212 ].

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