

## [FOOD SUPPLEMENTS TO LOSE WEIGHT](#)



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Blanck HM, Serdula MK, Gillespie C, Galuska DA, Sharpe PA, Conway JM, et al. Use of nonprescription dietary supplements for weight loss is common among Americans. J Am Diet Assoc 2007;107:441-7. J Am Diet Assoc 2007;107:441-7.

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For example, MedLinePlus, a service of the National Institutes of Health, reports that while calcium and vitamin D supplements may help weight loss and weight maintenance in women, the vitamin's benefits do not appear to help those who were getting enough nutrients before taking the supplement. Calcium itself, according to the Office of Dietary Supplements, has not been shown to aid weight loss.

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But that's not the only way water can help you lose weight. If water is incorporated into food, it tends to fill us up, Somer says. Most fruits and vegetables are 80% to 90% water.

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Be very cautious when you see weight-loss supplements with tempting claims, such as "magic diet pill," "melt away fat," and "lose weight without diet or exercise." If the claim sounds too good to be true, it probably is.

These products might not help you lose weight and they could be dangerous.

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