

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



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### **Supplements to Help You Lose Weight Healthfully**

When attempting to lose weight, the best results can be achieved by combining a healthy diet high in fruits and vegetables and low in processed foods, with a regular exercise program. For those who may need an extra boost, weight loss supplements can help produce a modest, yet noticeable effect in some people. Among the most studied and proven weight loss supplements are whey protein, green tea pills, fiber supplements and conjugated linoleic acid.

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