# WHAT WEIGHT LOSS SUPPLEMENTS WORK



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The weight loss in the treatment group was modest, and the trial was only eight weeks, which isn't long enough to know if the supplement will help with weight loss long term. Plus, the supplement included multiple ingredients, making it impossible to judge which ingredients helped the weight loss.

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Do weight loss pills work? Some dieters swear by them, and others have tried several different diet pills for weight loss with no success. There are many different dietary supplements and weight loss pills sold over-the-counter that vary in effectiveness and how they work in your body.

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# What Weight Loss Supplements Work Updated 2018 Joe

Weight Loss Supplements With Evidence. The following are weight loss supplements that I feel have some evidence that they might work. These are found in a variety of products you may have heard of and are stand alone products as well. Because the individual ingredients usually cost less than products that contain them, I've linked to those ingredients so you can compare prices.

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## The Truth About Weight Loss Pills WebMD

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