



Vitamins for Weight Loss

Psyllium Seed Husks: The husks, or outer layer of the psyllium plant (a wheat-like plant native to India), are a great source of soluble fiber. Psyllium husk seeds are the active ingredient in Metamucil and other fiber supplements. Soluble fiber helps with regularity and has been shown to assist with regulating blood sugar and cholesterol levels. Taking psyllium husk one or two times a day can help lead to a feeling of lightness and cleanliness that can be super motivating, especially in the beginning of a weight loss program. Start with 3 g to 5 g a day.

Green Tea Extract: Green tea itself is full of antioxidants that fight free radicals and cancer causing agents. Another thermogenic supplement, green tea extract will increase your metabolic rate by increasing your body temperature. However, another property is also at play with the fat burning. Cathecin, a polyphenol or natural chemical, in green tea attributes to the weight loss effect in the form of ECGC. The ECGC breaks down another chemical produced in the central nervous system releasing a burst of thermogenesis.

Calcium and Magnesium: Calcium and magnesium are two essential dietary minerals. You need calcium and magnesium not only to build strong bones and healthy teeth, but also because both minerals play complex roles in creating enzymes and hormones and producing energy for your body. Ensuring that you get enough calcium and magnesium in your diet may help you manage your weight and may also contribute to weight loss; however, you should consult your doctor before taking any supplements. Be sure to balance your diet with adequate exercise and rest.

Multi-Vitamin: Several medical studies support the use of daily multivitamins for weight loss. According to the Healthier Life website, a study reported that multivitamins and supplements containing chromium, vitamin B-6 and vitamin B-12 promoted weight loss in overweight people. A 2010 study of obese Chinese women found that those who took a daily multivitamin had lower weight, fat mass, body mass index and cholesterol levels, according to the Nutra Ingredients website. This evidence suggests that a daily multivitamin helps your body burn fat and promotes weight loss.

Vitamin D: A vitamin D deficiency may make you more susceptible to weight gain. According to Shalamar Sibley of the University of Minnesota Medical School, vitamin D plays an active role in aiding weight loss through caloric restriction. Sibley suggests that a biological pathway toward weight loss is inhibited under conditions of a vitamin D deficiency.