

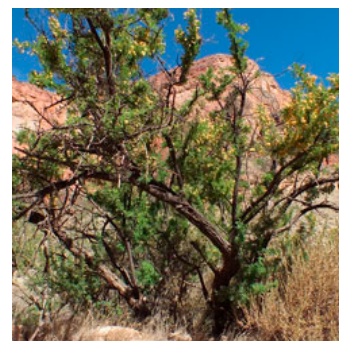


April 21, 2015 – Grand Rapids, MI

Weight Loss Supplement: The Acacia Rigidula Headline

Science by headline is becoming more and more common; case in point, the headlines said things such as “New Study Reports Untested Amphetamine-like Substance in Weight Loss Supplement!” I just can’t let that one go, so that’s the subject of this week’s messages.

Let’s begin with the study. Researchers tested 21 weight loss supplements that contained an ingredient called *Acacia rigidula*. Never heard of it? Neither did I. It’s a type of bush commonly known as blackbrush acacia that grows in Texas and Mexico and purportedly has similar properties to the banned herb ephedra for increasing metabolism. But that’s not really the substance the researchers were trying to find. They actually tested for β -methylphenylethylamine (BMPEA), an artificially produced chemical with properties similar to amphetamines. BMPEA is supposed to increase weight loss by speeding up metabolism.



Why did they test for the chemical and not the herb? Because it’s a man-made chemical, not a component of *Acacia rigidula*, and it would have to be intentionally added to the supplement. Did this study find BMPEA? Yes, in 11 of the 21 products they tested. That’s it. That’s all the study was about. Why all the rhetoric? That’s what we’ll talk about the rest of the week.

What are you prepared to do today?

Dr. Chet

Reference: Drug Testing and Analysis. April 2015. DOI: 10.1002/dta.1793.

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

Hear Dr. Chet’s take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to www.wgvu.org/wgvunews and clicking on "Listen Live" at the top.

The health information in this message is designed for educational purposes only. It’s not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It’s designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you’ve read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

Subscribe to the Message from Dr. Chet at DrChet.com — © Chet Zelasko PhD LLC