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Weight Loss Supplement: The Research

Purported experts say one thing about the amphetamine-like weight loss supplement that's in the news. Manufacturers say another. The FDA basically says nothing. "What the heck is going on around here?" is one of my favorite Vince Lombardi quotes. I'll break things down into three questions.

Is there any evidence that *Acacia rigidula* contains amphetamine-like chemicals?

Yes. The research was based on analyses of the edible parts of the plants that were eaten by animals in times of drought. Everything from caffeine to nicotine to many forms of amphetamine alkaloids were identified in the edible portions of the plant.

Is there any evidence that *Acacia rigidula* or BMPEA actually works to help lose weight?

No, and that includes research done by a former student of mine. The studies were short term and did not examine weight loss as a variable.

Is there any evidence the *Acacia rigidula* plant or BMPEA is harmful in humans?

No. At least not yet, but it's been detrimental to animals that eat the plant. Then why are we even talking about it? We'll take a look at the Bottom Line on Saturday.

If you haven't signed up for the *Weight Loss Supplement* webinar, do it now. Among other things, you'll learn what criteria are important to test for in any weight loss supplement.

What are you prepared to do today?

Dr. Chet

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

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