



The Safety Behind Weight Loss Products

All weight loss products that are labeled “natural” and “clinically proven” are not necessarily considered safe. For one thing, “natural” doesn’t necessarily mean “safe” – after all, natural ingredients can have significant effects on the heart and other organs. More importantly, label claims on supplements and weight loss aids are not evaluated by any regulatory agency. That means that manufacturers of these products can make a wide variety of claims (like “clinically proven”) as long as they don’t go so far as to say their product is a cure for a specific disease. In fact, they do not have to disclose any information about the testing process – the kind of testing used, who and how many were tested, the way results were analyzed – or document their “proof” in any way. That’s why it is best to be skeptical. Product endorsements from experts may be minority opinions within their profession. An endorsement may come from someone with a financial interest in the product. Even claims that a product is safe cannot be trusted, since they don’t have to be substantiated. Always read the label closely. Many products with a safety claim still list certain groups who should not use the product, albeit in small print. Products could also contain ingredients that safety warnings have been issued for.

For more information on staying lean, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

Shape Your Future... Your Weigh!™