

# WRITE ON FITNESS

Client: Fit Executive

## Best Fat-Burning Supplements for Executives

Leading the busy executive lifestyle sets you up for long days at the office and the possibility of needing to skip workouts. If you're trying to burn extra fat, your dietary choices will be the foundation of your success. With that said, the supplement industry has come a long way since its humble beginnings, expanding into every area of fitness with an emphasis on weight loss.

If you want to kickstart your metabolic rate and give yourself a fat loss boost, here are five of the best fat-burning supplements for executives.

### **1. Yohimbine**

Native to central Africa, yohimbine is found within the bark of the yohimbe tree. It's popular as an energy booster, but its real benefits lie in fat loss.

Yohimbine has been shown to [support fat burning](#). One study involving athletic subjects showed that those taking yohimbine didn't just experience a greater weight loss than those taking a placebo, but they also reported higher levels of energy and libido.

### **2. Garcinia Cambogia Extract**

Making waves in the supplement industry thanks to Dr. Oz, garcinia cambogia is considered one of the best fat burners to include in your diet.

Garcinia cambogia contains an organic acid called hydroxycitric acid or HCA. Studies show that HCA can help to [suppress your appetite](#), block fat from being stored, and support a healthy weight loss.

### **3. Caffeine**

As an executive, chances are that you're already a fan of caffeine due to your morning coffee. Caffeine has been shown to [amplify your focus and mental energy](#), but it can also support fat burning.

Caffeine has been proven to trigger fat burning through increased energy and metabolic response. Obviously, the more energy you have, the more physically active you can be, helping to burn through more calories. Also, caffeine can directly [stimulate your metabolism](#), helping to

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increase caloric expenditure. The result: less bodyfat, a smaller waist, and healthy weight management.

## **4. Capsaicin**

Found within the cayenne pepper is an extract called capsaicin. Not only does it give the peppers their spicy flavor, but capsaicin has been touted as one of the best fat-burning supplement ingredients.

Studies show that capsaicin can significantly [improve your natural metabolic rate](#), resulting in more calories and fat burned. The ideal time to take capsaicin is just before a workout to enhance your fat-burning potential.

## **5. Alpha Lipoic Acid**

Commonly referred to as ALA, this anti-oxidant has long been a fat-burning favorite in the supplement industry. You'll often find ALA in pre-workouts as well as thermogenic supplements or fat burners. Alpha lipoic acid helps to direct the utilization of stored fat into the mitochondria of the cell, where it's used as energy. In other words: fat burning.

One study showed that those individuals supplementing with alpha lipoic acid [lost more weight](#) than their placebo counterparts. In a different study, ALA was shown to [stabilize blood glucose levels](#), which has positive implications for those suffering from diabetes.

## ***Which Fat-Burning Supplements Do You Use to Stay Lean?***

Are you a fan of any of the supplements that I mentioned above? If so, which is your favorite? Have your own fat-burning supplement that I didn't mention? Let me know in the comments below!