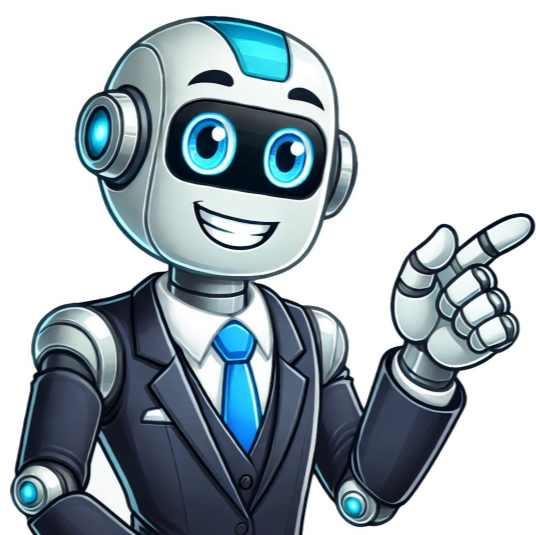


Continue

























with fat burning, it appears these effects are not enough to cause much, if any, noticeable weight loss. Rather, it's the gastrointestinal discomfort that's more likely mediating any reduction in appetite and resulting weight loss. How? Well from my experience, I see capsaicin helping patients with weight loss in two ways: The food is so spicy you just can't eat very much The intense spice causes you to drink tons of water instead In that case, consuming the capsaicin as a food or spice, rather than a supplement, is the best way it would work. How to use it for weight loss So taking capsaicin supplements are not likely going to be very helpful, based on the research. If capsaicin supplements are going to be useful for managing appetite, you may need to deal with some unpleasant side effects. If you enjoy spicy food, try increasing the spice level. It might help with weight loss if you end up drinking more water and eating less food. Keep in mind that if you end up eating more when your food is spicy, then spicy foods are obviously not going to help you. Here are some other tips for using capsaicin: Start with a low dose: If you are new to capsaicin supplements, start with a low dose and gradually increase it over time. This can help you avoid any potential side effects. Take with food: Taking capsaicin supplements with food can help reduce the risk of gastrointestinal discomfort. Avoid before bedtime: Capsaicin supplements can cause insomnia and sleep disturbances, particularly due to the gastrointestinal discomfort it can cause, so it's best to avoid taking them before bedtime. Be cautious with topical use: If you are using a topical capsaicin product, be careful not to touch your eyes or other sensitive areas of the skin. Wash your hands thoroughly after application. Top supplement choices Capsaicin (cayenne) - 2 to 5 caps / day Learn more about Other weight loss supplements Alothman, Zeid & Badjah-Hadj-Ahmed, A. & Habila, Mohamed & Ghfar, Ayman. (2011). Determination of Capsaicin and Dihydrocapsaicin in Capsicum Fruit Samples using High Performance Liquid Chromatography. *Molecules* (Basel, Switzerland). 16. 8919-29. 10.3390/molecules16108919. Bley K, Boorman G, Mohammad B, McKenzie D, Babbar S. A comprehensive review of the carcinogenic and anticarcinogenic potential of capsaicin. *Toxicol Pathol.* 2012;40(6):847-873. doi:10.1177/0192623312444471 Bonaccio M, Di Castelnuovo A, Costanzo S, et al. Chili Pepper Consumption and Mortality in Italian Adults. *J Am Coll Cardiol.* 2019;74(25):3139-3149. doi:10.1016/j.jacc.2019.09.068 Chopan M, Littenberg B. The Association of Hot Red Chili Pepper Consumption and Mortality: A Large Population-Based Cohort Study. *PLoS One.* 2017;12(1):e0169876. Published 2017 Jan 9. doi:10.1371/journal.pone.0169876 Jalapeño C3%810 Jang, HH, Lee, J., Lee, SH, et al. Effects of Capsicum annum supplementation on the components of metabolic syndrome: a systematic review and meta-analysis. *Sci Rep* 10, 20912 (2020). Joseph MSc, A. John PhD F, Thomas MSc JV, Sivadasan SDP, Maliakel PhD B, Mohan PhD R, I M K. Influence of a novel food-grade formulation of red chili extract (Capsicum annum) on overweight subjects: Randomized, double-blinded, placebo-controlled study. *J Diet Suppl.* 2020:1-19. Kang JY, Yeoh KG, Chia HP, et al. Chili-protective factor against peptic ulcer?. *Dig Dis Sci.* 1995;40(3):576-579. doi:10.1007/BF02064373 Kumar N, Vij JC, Sarin SK, Anand BS. Do chillies influence healing of duodenal ulcer?. *Br Med J (Clin Res Ed).* 1984;288(6433):1803-1804. doi:10.1136/bmj.288.6433.1803 Lopez, H. L., Ziegenfuss, T. N., Hofheins, J. E., Habowski, S. M., Arent, S. M., Weir, J. P., and Ferrando, A. A. Eight weeks of supplementation with a multi-ingredient weight loss product enhances body composition, reduces hip and waist girth, and increases energy levels in overweight men and women. *J Int Soc Sports Nutr* 2013;10(1):22. Ludy MJ, Moore GE, Mattes RD. The effects of capsaicin and capsiate on energy balance: critical review and meta-analyses of studies in humans. *Chem Senses.* 2012;37(2):103-121. doi:10.1093/chemse/bjr100 Pabalan N, Jarjanazi H, Ozcelik H. The impact of capsaicin intake on risk of developing gastric cancers: a meta-analysis. *J Gastrointest Cancer.* 2014;45(3):334-341. doi:10.1007/s12029-014-9610-2 Smitker, S., Fujishima, Y., Shen, H., Ott, S., Pi-Sunyer, X., Furuhashi, Y., Sato, H., and Takahashi, M. Effects of novel capsinoid treatment on fatness and energy metabolism in humans: possible pharmacogenetic implications. *Am J Clin Nutr.* 2009;89(1):45-50. TOMAS DO et al. DETERMINATION OF THE CONTENT OF CAPSAICIN AND DIHYDROCAPSAICIN IN TWELVE VARIETIES OF CHILLI PEPPERS USING LIQUID CHROMATOGRAPHY WITH UV/VIS DETECTION. Brno University of Technology, Technicka 10, 616 00 Brno. Usman MG, Rafii MY, Ismail MR, Malek MA, Latif MA. Capsaicin and dihydrocapsaicin determination in chili pepper genotypes using ultra-fast liquid chromatography. *Molecules.* 2014;19(5):6474-6488. Published 2014 May 21. doi:10.3390/molecules19056474 Whiting S, Derbyshire EJ, Tiwari B. Could capsaicinoids help to support weight management? A systematic review and meta-analysis of energy intake data. *Appetite.* 2014;73:183-188. doi:10.1016/j.appet.2013.11.005 Attributions Carolina Reaper pepper pods harvested in November, 2013 in West Valley City, Utah, United States of America by Dale Thurber under the Creative Commons Attribution-Share Alike 3.0 Unported license. Chili by Dewi Tresnasih from the Noun Project Chili by faisalowers from the Noun Project Powder by Vectorstall from the Noun Project Ripened, red Jalapeño peppers in a bowl by jeffreww under the Creative Commons Attribution 2.0 Generic license. spray by HAMEL KHALED from the Noun Project Show citations/attribution Real Health Benefits of Black SeedBlack seed has some proven benefits, particularly for asthma and diabetes management, though many exaggerated claims still surround its use. Kratom: Benefits and RisksKratom is not a safe treatment for pain or other health conditions due to limited research, safety concerns, and potential of addiction. The Truth About Vitamin PatchesVitamin patches don't work well since most nutrients can't pass through the skin. The main exceptions are Vitamin D and caffeine. CoQ10: Benefits and MythsCoQ10 supports heart health, some muscle conditions, and PCOS, but doesn't help with fertility, athletic performance, or weight loss. Propolis Throat Sprays for Sore ThroatsPropolis throat sprays can provide some relief for sore throats and irritated mucous membranes, but they don't work as well as honey.