	Green Tea		
1	Green Tea contains catechins which significantly decrease body weight and significantly maintained body weight after a period of weight loss.	Zheng G, Sayama K, Okubo T, Juneja LR, Oguni I. Anti-obesity effects of three major components of green tea, catechins, caffeine and theanine, in mice. In Vivo. 2004 Jan-Feb;18(1):55-62.	http://www.ncbi.nlm.nih.gov/pubmed/?term=15011752
2	Green tea increases energy expenditure (4-5%), fat oxidation (10-16%) and has been proposed to counteract the decrease in metabolic rate that is present during weight loss.	Hursel R, Westerterp-Plantenga MS. Thermogenic ingredients and body weight regulation. Int J Obes (Lond). 2010 Apr;34(4):659-69. doi: 10.1038/ijo.2009.299. Epub 2010 Feb 9.	http://www.ncbi.nlm.nih.gov/pubmed/20142827
3	Green tea, by containing both tea catechins and caffeine, has the potential to produce significant effects on metabolic targets such as thermogenesis, and fat oxidation.	Westerterp-Plantenga MS. Green tea catechins, caffeine and body-weight regulation. Physiol Behav. 2010 Apr 26;100(1):42-6. doi: 10.1016/j.physbeh.2010.02.005. Epub 2010 Feb 13.	http://www.ncbi.nlm.nih.gov/pubmed/20156466
	Glucomannan		
4	Glucomannan in overweight or obese patients induced satiety	Salas-Salvadó J, Farrés X, Luque X, Narejos S, Borrell M, Basora J, Anguera A, Torres F, Bulló M, Balanza R; Fiber in Obesity-Study Group. Effect of two doses of a mixture of soluble fibres on body weight and metabolic variables in overweight or obese patients: a randomised trial. Br J Nutr. 2008 Jun;99(6):1380-7. Epub 2007 Nov 22.	http://www.ncbi.nlm.nih.gov/pubmed/18031592
5	Glucomannan has the marked ability to satiate patients and the positive metabolic effects	Vita PM, Restelli A, Caspani P, Klinger R. Chronic use of glucomannan in the dietary treatment of severe obesity. Minerva Med. 1992 Mar;83(3):135-9.	http://www.ncbi.nlm.nih.gov/pubmed/1313163
	5-HTP		
6	After oral administration of 5-hydroxytryptophan (5-HTP) significant weight loss was observed a reduction in carbohydrate intake and a consistent presence of early satiety.	Cangiano C, Ceci F, Cascino A, Del Ben M, Laviano A, Muscaritoli M, Antonucci F, Rossi-Fanelli F. Eating behavior and adherence to dietary prescriptions in obese adult subjects treated with 5-hydroxytryptophan. Am J Clin Nutr. 1992 Nov;56(5):863-7.	http://www.ncbi.nlm.nih.gov/pubmed/?term=1384305
	Chromium		
7	Chromium was found to maintain normal glucose regulation, reduce binge eating and related psychopathology, promote modest weight loss, and reduce symptoms of depression in individuals with Binge Eating Disorder	Brownley KA, Von Holle A, Hamer RM, La Via M, Bulik CM. A double-blind, randomized pilot trial of chromium picolinate for binge eating disorder: results of the Binge Eating and Chromium (BEACh) study. J Psychosom Res. 2013 Jul;75(1):36-42. doi: 10.1016/j.jpsychores.2013.03.092. Epub 2013 Apr 22.	http://www.ncbi.nlm.nih.gov/pubmed/23751236
8	Animal studies showed chromium picolinate modulates serotonergic properties and carbohydrate metabolism	Komorowski JR, Tuzcu M, Sahin N, Juturu V, Orhan C, Ulas M, Sahin K. Chromium picolinate modulates serotonergic properties and carbohydrate metabolism in a rat model of diabetes. Biol Trace Elem Res. 2012 Oct;149(1):50-6. doi: 10.1007/s12011-012-9393-x. Epub 2012 Mar 22.	http://www.ncbi.nlm.nih.gov/pubmed/22434381
	Irvingia Gabonensis (African Mango)		
9	A double blind randomized placebo controlled clinical trial showed significant improvements in body weight, body fat, and waist circumference as well as plasma total cholesterol, LDL cholesterol, blood glucose, C-reactive protein, adiponectin and leptin levels were observed in the Irvingia Gabonensis group compared with the placebo group.	Ngondi JL, Etoundi BC, Nyangono CB, Mbofung CM, Oben JE. IGOB131, a novel seed extract of the West African plant Irvingia gabonensis, significantly reduces body weight and improves metabolic parameters in overweight humans in a randomized double-blind placebo controlled investigation. Lipids Health Dis. 2009 Mar 2;8:7. doi: 10.1186/1476-511X-8-7.	http://www.ncbi.nlm.nih.gov/pubmed/19254366
	Citrus Aurantium		
10	When taken alone or in conjunction with caffeine, subjects were shown to increase resting metabolic rate and energy expenditure, and modest increases in weight loss were observed with bitter orange extract/p-synephrine-containing products when given for six to 12 weeks. Safety of citrus aurantium was also established; showing no increase in blood pressure or heart rate.	Stohs SJ, Preuss HG, Shara M. A review of the human clinical studies involving Citrus aurantium (bitter orange) extract and its primary protoalkaloid p-synephrine. Int J Med Sci. 2012;9(7):527-38. Epub 2012 Aug 29.	http://www.ncbi.nlm.nih.gov/pubmed/22991491
11	In an animal study, the body weight gain, blood glucose, serum total cholesterol (TC) and low density lipoprotein cholesterol (LDL-c) levels were significantly ($p<0.05$) reduced when taking 1% w/w citrange flesh and seed extract (CFSE).	Lu Y, Xi W, Ding X, Fan S, Zhang Y, Jiang D, Li Y, Huang C, Zhou Z. Citrange fruit extracts alleviate obesity-associated metabolic disorder in high-fat diet-induced obese C57BL/6 mouse. Int J Mol Sci. 2013 Dec 5;14(12):23736-50. doi: 10.3390/ijms141223736.	http://www.ncbi.nlm.nih.gov/pubmed/24317433
	Calcium Plus Vitamin D		
12	Calcium and vitamin D supplementation is associated with decreased abdominal visceral adipose tissue in overweight and obese adults.	Rosenblum JL, Castro VM, Moore CE, Kaplan LM. Calcium and vitamin D supplementation is associated with decreased abdominal visceral adipose tissue in overweight and obese adults. Am J Clin Nutr. 2012 Jan;95(1):101-8. doi: 10.3945/ajcn.111.019489. Epub 2011 Dec 14.	http://www.ncbi.nlm.nih.gov/pubmed/22170363
13	Calcium plus vitamin D3 supplementation for 12 weeks facilitated body fat and visceral loss (body composition and waist circumference) in overweight and obese college students with low calcium intake.	Zhu W, Cai D, Wang Y, Lin N, Hu Q, Qi Y, Ma S, Amarasekara S. Calcium plus vitamin D3 supplementation facilitated fat loss in overweight and obese college students with very-low calcium consumption: a randomized controlled trial. Nutr J. 2013 Jan 8;12:8. doi: 10.1186/1475-2891-12-8.	http://www.ncbi.nlm.nih.gov/pubmed/23297844
	Black Pepper Extract		
14	Piperine, a major component of black pepper, attenuates fat cell differentiation blocking fat cell production giving it the potential of treatment for obesity-related diseases.	Park UH, Jeong HS, Jo EY, Park T, Yoon SK, Kim EJ, Jeong JC, Um SJ. Piperine, a component of black pepper, inhibits adipogenesis by antagonizing PPARγ activity in 3T3-L1 cells. J Agric Food Chem. 2012 Apr 18;60(15):3853-60. doi: 10.1021/jf204514a. Epub 2012 Apr 6.	http://www.ncbi.nlm.nih.gov/pubmed/22463744
15	Piperine has been documented to enhance the bioavailability of a number of therapeutic drugs as well as phytochemicals.	Srinivasan K. Black pepper and its pungent principle-piperine: a review of diverse physiological effects. Crit Rev Food Sci Nutr. 2007;47(8):735-48.	http://www.ncbi.nlm.nih.gov/pubmed/17987447