

Fiber Supplements Weight Loss

There are many factors that contribute to a person's weight, including: diet, physical activity, genetics, environmental factors, health care support, medications, and illnesses. Each of these factors affects weight in different ways and to varying... 01c10a7351

Dietary fiber Soluble fiber supplements may be beneficial for alleviating symptoms of irritable bowel Dietary fiber (also spelled fibre), or roughage, is the portion of plant-derived food that cannot be completely broken down by human digestive enzymes. cholesterol levels, reducing the risk of colon cancer, and losing weight. Dietary fiber has two main subtypes: soluble and insoluble. Regularly consuming substantial dietary fiber is generally associated with supporting health and lowering the risks of several diseases. Dietary fiber consists of non-starch polysaccharides and other plant components, such as cellulose, resistant starch, resistant dextrins, inulins, lignins, chitins, pectins, beta-glucans, and oligosaccharides. They are components of many foods from plants, such as legumes, whole grains, cereals, vegetables, fruits, nuts, and seeds. Dietary fibers are diverse in chemical composition and can be grouped generally by their solubility, viscosity and fermentability, which affect how fibers are processed in the body 01c10a7351

The medical use of calcium supplements began in the 19th century. It is on the World Health Organization's List of Essential Medicines. It is available as a generic medication. In 2023, it was the 200th most commonly prescribed medication in the United States, with more than 2 million prescriptions. Versions are also sold together with vitamin D. In 2023, the combination, calcium/vitamin D was the 261st most commonly prescribed medication in the United States, with... 01c10a7351

Supplements containing glucomannans pose a risk for choking and bowel obstruction if they are not taken with sufficient water. Other adverse effects include diarrhea, belching, and bloating; in one study people taking glucomannans had higher triglyceride levels. 01c10a7351

Muscle atrophy "slow twitch" or type I skeletal muscle fibers over "fast twitch" or type II fibers. It can be caused by immobility, aging, malnutrition, medications, or a wide range of injuries or diseases that impact the musculoskeletal or nervous system. Muscle atrophy leads to muscle weakness and causes disability. The rate of muscle loss is dependent on exercise level, co-morbidities Muscle atrophy is the loss of skeletal muscle mass 01c10a7351

Athletes in ancient Greece were advised to consume large quantities of meat and wine. A number of herbal concoctions and tonics have been used by strong men and athletes

since ancient times across cultures to try to increase their strength and stamina.
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Diet food Such foods are usually intended to assist in weight loss or a change in body type, although bodybuilding supplements are designed to increase weight. Such foods are usually intended to assist in weight loss or a change in body type, although bodybuilding supplements are **Diet food** (or dietetic food) refers to any food or beverage whose recipe is altered to reduce fat, carbohydrates, and/or sugar in order to make it part of a weight loss program or diet. a weight loss program or diet
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Calcium supplement By injection into a vein they are used for low blood calcium that is resulting in muscle spasms and for high blood potassium or magnesium toxicity. Calcium supplements are salts of calcium used in a number of conditions. Supplementation is generally only required when there is not enough calcium in Calcium supplements are salts of calcium used in a number of conditions. Supplementation is generally only required when there is not enough calcium in the diet. By mouth they are used to treat and prevent low blood calcium, osteoporosis, and rickets 01c10a7351

Bodybuilding supplement Among the most widely used are high protein drinks, pre-workout blends and caffeinated energy drinks, branched-chain amino acids (BCAA), glutamine, arginine, essential fatty acids, creatine, HMB, whey protein, ZMA, and weight loss products. Bodybuilding supplements may contain ingredients that are advertised to increase a person's muscle, body weight, athletic performance, and decrease a person's percent body fat for desired muscle definition. Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts, and athletics for the purpose of facilitating an increase in lean body mass. Supplements are sold either as single ingredient preparations or in the form of "stacks" – proprietary blends of various supplements marketed as offering synergistic advantages 01c10a7351

Common side effects include constipation and nausea. When taken by mouth high blood calcium is uncommon. Calcium supplements, unlike calcium from dietary sources, appear to increase the risk of kidney stones. Adults generally require about a gram of calcium a day. Calcium is particularly important for bones, muscles, and nerves. 01c10a7351 In addition to diet other words or phrases are used to identify and describe these foods including light, zero calorie, low calorie, low fat, no fat and sugar free. In some areas use of these terms may be regulated by law. For example, in the U.S. a product labeled as "low fat" must not contain more than 3 grams of fat per serving; and to be labeled "fat free" it must contain less than 0.5 grams of fat per serving. 01c10a7351 In the 1910s, Eugen Sandow, widely considered to be the first

modern bodybuilder in the West, advocated... 01c10a7351

Weight management nih - Weight management comprises behaviors, techniques, and physiological processes that contribute to a person's ability to attain and maintain a healthy weight. Retrieved 2025-04-08. Most weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity. Weight management generally includes tracking weight over time and identifying an individual's ideal body weight. od. "Office of Dietary Supplements Dietary Supplements for Weight Loss". before you buy weight-loss supplements". Mayo Clinic. ods 01c10a7351

== Origin and history == 01c10a7351

Psyllium Psyllium is a commonly used fiber supplement for treating diarrhea and constipation in dogs. Psyllium is mainly used as a dietary fiber to relieve symptoms of both constipation and mild diarrhea, and occasionally as a food thickener. Psyllium fiber dietary supplements are used in veterinary medicine Psyllium (), also known as isabgol and ispaghula (), is any of several members of the plant genus *Plantago* whose seeds are used commercially for the production of mucilage. Allergy to psyllium is common in workers frequently exposed to the substance 01c10a7351

== Key factors == 01c10a7351 == Terminology == 01c10a7351

Inulin Inulin is used by some plants as a means of storing energy and is typically found in roots or rhizomes. Most plants that synthesize and store inulin do not store other forms of carbohydrate such as starch. In 2018, the United States Food and Drug Administration approved inulin as a dietary fiber ingredient used to Inulins are a group of naturally occurring polysaccharides produced by many types of plants, industrially most often extracted from chicory. class of dietary fiber known as fructans 01c10a7351

In the United States, the supplement industry was estimated to have a value of \$151.9 billion in 2021. There are more than 95,000 dietary supplement products marketed in the United States, and about 60% of the American adult population consumes dietary supplements... 01c10a7351 The plants from which the seeds are extracted tolerate damp and cool climates, and are mainly cultivated in northern India. 01c10a7351 == Uses == 01c10a7351 Products containing glucomannan, under a variety of brand names, are marketed as dietary supplements with claims they can relieve constipation and help lower cholesterol levels. Since 2010 they are legally marketed in Europe as helping with weight loss for people who are overweight and eating a diet with restricted calories, but as of 2020 there was no good evidence that glucomannan helped weight loss. Glucomannan may lower LDL cholesterol by up to 10 percent, according to one meta-study. 01c10a7351 Understanding the basic science of weight management and strategies for attaining and maintaining a healthy weight is important because obesity is a risk factor for development of many chronic diseases, like Type 2 diabetes,

hypertension and cardiovascular disease. 01c10a7351

Dietary supplement Supplements are sold in multiple doses, ranging from one time usage to entire courses. the herbal extract, aegeline. Weight loss supplements have also had adverse psychiatric effects. Dietary supplements may also contain substances that have not been confirmed as being essential to life, such as plant pigments or polyphenols, and so, by definition, are not necessarily nutrients. The classes of nutrient compounds in supplements include vitamins, minerals, fiber, fatty acids, and amino acids. They may also be enhanced with nutrient ingredients. However, they may still be marketed as having a beneficial biological effect. A supplement can provide nutrients that are either extracted from food sources or are synthesized (to increase the quantity of their consumption). Some dietary supplements may also have adverse interactions A dietary supplement is a manufactured product intended to supplement a person's diet in the form of a pill, capsule, tablet, powder, or liquid. Animals can also be a source of supplement ingredients; for example, collagen may be extracted from chickens or fish 01c10a7351

Weight management strategies most often focus on achieving healthy weights through slow but steady weight loss, followed by maintenance of an ideal body weight. However, weight neutral approaches to health have also been shown to result in positive health outcomes. 01c10a7351 Disuse causes rapid muscle atrophy and often occurs during injury or illness that requires immobilization of a limb or bed rest. Depending on the duration of disuse and the health of the individual, this may be fully reversed with activity. Malnutrition first causes fat loss but may progress to muscle atrophy in prolonged starvation and can be reversed with nutritional therapy. In contrast, cachexia is a wasting syndrome caused by an underlying disease such as cancer that causes dramatic muscle atrophy and cannot be completely reversed with nutritional therapy. Sarcopenia is age-related muscle atrophy and can be slowed by exercise. Finally, diseases of the muscles such as muscular dystrophy or myopathies can cause atrophy, as well as damage to the nervous system such as in spinal cord injury or stroke. Thus, muscle atrophy is usually a finding (sign or symptom) in a disease rather than being a disease by itself. However... 01c10a7351 It is generally safe and moderately effective as a laxative. Use of psyllium in the diet for three weeks or longer may lower blood cholesterol levels in people with elevated cholesterol, and may lower blood glucose levels in people with type 2 diabetes. Use of psyllium for a month or longer may produce a small reduction in systolic blood pressure. 01c10a7351 The inulins belong to a class of dietary fiber known as fructans. In 2018, the United States Food and Drug Administration approved inulin as a dietary fiber ingredient used to improve the nutritional value of manufactured food products. Using inulin to measure kidney function is the "gold standard" for comparison with other means of estimating glomerular filtration rate. 01c10a7351 == History == 01c10a7351 Inulin is a natural storage carbohydrate present in more than 36,000 species of plants, including agave, wheat, onion, bananas, garlic, asparagus, Jerusalem artichoke, and chicory. For these plants, inulin is used as an energy reserve and for regulating cold

resistance. Because it is soluble in water, it is osmotically active. Certain plants can change the osmotic potential of their cells by changing the degree of polymerization of inulin molecules by... 01c10a7351 Glucomannans are also used to supplement animal feed for farmed animals, to cause the animals gain... 01c10a7351

Glucomannan Supplements containing glucomannans Glucomannan is a water-soluble polysaccharide that is considered a dietary fiber. It is a major source of mannan oligosaccharide (MOS) found in nature, the other being galactomannan, which is insoluble. It is a hemicellulose component in the cell walls of some plant species. glucomannan helped weight loss. Glucomannan may lower LDL cholesterol by up to 10 percent, according to one meta-study. Glucomannan is a food additive used as an emulsifier and thickener 01c10a7351

Food sources of dietary fiber have traditionally been divided according to proportion of soluble vs. insoluble fiber. The two types are defined according to their characteristics of viscosity and fermentability, with different advantages between the types. Plant foods contain both types in varying amounts. Bulking fibers, such as cellulose... 01c10a7351

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