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## Weight Loss Program - Supplements

Posted by AJH - 2008/02/10 08:21

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Is it recommended to use supplements when trying to lose weight? Does anyone know if it helps?

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## Re:Weight Loss Program - Supplements

Posted by anand1 - 2008/02/27 03:17

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Actually going for supplements for weight loss a bit troublesome if the pills have many side-effects so first go for proper selection of the pills as they have many side-effects of it.

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## Re:Weight Loss Program - Supplements

Posted by Determined - 2008/05/24 13:19

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well some friends of mine have been using these natural fat burners and meal replacements that helped them lose 7, 8, and 12 pounds in a week. the meal replacement tastes great and i use it to replenish my nutrients because it has a lot of them.

so check em out. you can only get them at [www.yor.com](http://www.yor.com)  
after you register as a customer, when you make a purchase, use the sponsor username Jewels22

good luck!

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## Re:Weight Loss Program - Supplements

Posted by walker - 2008/06/04 03:16

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I have also been into weight loss programs. I was referred this website <http://www.lunchboxdiet.co.uk/homepage.ashx>. Do check it out. It has very useful weight loss programs.

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## Re:Weight Loss Program - Supplements

Posted by carinna - 2008/07/27 04:09

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Make sure to do your research first. It varies from person to person, but if you think that supplements will help you, why not? Like I said, do your research first!

Also, I recommend you stick to naturals. No fancy Dazzle-me-with-the-chemistry thing.

Cheers and good luck!

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## Re:Weight Loss Program - Supplements

Posted by toriamadd44 - 2008/08/06 10:08

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Hello all :)

I have been working to lose weight for the past year now. Things have been up and down with my diet - at times encouraging, discouraging at others. You all know what I am going through! :) Over the last year I have really tried to stay on the path - eating right, exercising religiously almost every day, and still I hit plateaus that I just don't understand how it can be scientifically possible!

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I have never been one to use a diet pill. But then I found out about this all-natural supplement called "EXTREME LIFEFORCE" from Extreme Kinetic (<http://www.extremekinetic.com>). It is an all-natural supplement that contains no stimulants, and that helps in terms of burning stored body fat for those that have at least 15% body fat or more. It gives you extra energy, helps suppress your appetite and gives you the additional nutrients that your body might be lacking due to your diet.

The results I have seen while taking this product have been absolutely amazing! Even on days when I "slack off" a little bit or indulge, I still continue to see good results. This is something that I couldn't do before over the last year. One indulgence it seemed would put me 5 steps backwards!

You can check out the product at the following link:  
[https://www.extremekineticonline.net/product\\_lifeforce.html](https://www.extremekineticonline.net/product_lifeforce.html)

It is a very cost effective product - less than \$20 a bottle, and they also offer free samples that you can request through their website.

I just received an email about a special offer they have for 30% OFF your order for new customers, so that is why I thought I would share this with you.

The coupon code for 30% OFF your order is AUG2008.

I HIGHLY recommend checking out this product! Like I said, it is simply an all-natural supplement, but it works wonders!

If you have any questions, please feel free to contact me....

Good luck and Take Care!  
toriamadd44 :)

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