

Prescription Weight Loss Pills

Weight loss pills come in three varieties - prescription, over-the-counter, and natural herbal supplements. From the three, the prescription weight loss pills are the most difficult because the only way to purchase these is to present a medical doctor's prescription. The Center for Drug Evaluation and Research at the Food and Drug Administration continues to test and monitor these products since there are lots of pills that are introduced in the market which have harmful side effects to consumers. Prescription weight loss pills can be purchased at a drugstore, pharmacy, and health food or vitamin store. Before these pills are introduced to the market, extensive testing occurs first which actually takes years of research. Because of this, they are often the most effective products that you can purchase if you want to lose weight without having to go to the gym and do rigid workout. How prescription weight loss pills work? Prescription weight loss pills work by using one of two primary strategies. These work either to suppress your appetite or to block your body's ability to absorb fat. Often, those who eat more than the given meals in a day are overweight. That is why when you take these pills, your brain will be stimulated into thinking that your stomach is still full, thus you will not be tempted to eat. However, these pills do not necessarily mean that you have to skip meals. You still have to eat your usual meals everyday because skipping meals will not be good for your health. Aside from suppressing the appetite, prescription pills also block the ability of the body to absorb fat by reducing your body's lipase enzyme. With the lesser amount of this enzyme in your body, the lesser the fat it can also absorb. Therefore, you will also lose weight easily since there is lesser fat the body needs to burn. Whether you want appetite suppressants or pills that block the body from absorbing fat, prescription weight loss pills may be the effective products for you.

About the Author

This industry comprises establishments known as pharmacies and drug stores engaged in retailing prescription or nonprescription.

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