

## The Ingredients of Stacker Fat Burners

Stacker fat burners can be great for burning fat, building muscle, increasing energy and helping with your weight loss program. While stacker fat burners can vary slightly, most have generally the same basic ingredients. Ephedra is a common ingredient found in fat burners such as Original stacker 2 with ephedra or Stacker 3 Original with Chitosan and Ephedra. You will often see Ephedra listed in the ingredients as Ma Huang. Ephedra works to increase your metabolism which in turn increases your body heat. It works as a stimulant on your brain. It increases your heart rate as well as expanding the bronchial tubes. White Willow Bark is basically aspirin. It is actually the bark of the white willow tree. It has long been used for medicinal purposes, such as controlling fevers and reducing pain. Aspirin works in combination with ephedra and caffeine in order to produce weight loss. Kola Nut Extract or Gurana provides caffeine. Caffeine is a stimulant as well. It is naturally found in these herbs. Caffeine helps you lose water weight, can work to decrease your appetite, and can also help your body lose weight in a more rapid fashion. Chitosan is another common ingredient found in stacker fat burners. Chitosan is actually part of the exoskeleton of shrimp and crabs. It is included in fat burners because it is said to have the ability to attract fat and pull the fat out of the body during digestion. Having chitosan included in a stacker fat burner can help you lose additional weight without diet. Citrus aurantium is often used in products which are ephedra free. It has been used in Chinese medicine for a very long time to treat chest colds. It works in a similar way as ephedra, working as a stimulant to increase energy and metabolism and help to breakdown fat. It has also been shown to help control your appetite. Guggulsterones come from a tree that is often found in India. It works to increase thyroid output which helps with increasing metabolism. Green tea is often touted as an ingredient that does not have any negative side effects. It is a strong antioxidant, and also helps to increase energy. There are many excellent choices as Stacker 2 Lite and Stacker 2 XPLC Fat burners which contain different combinations of ingredients which allow you to pick the stacker fat burner which best fits your needs.

## About the Author

If you use anabolic steroids to help your muscles get bigger you should bear in mind that you could also be destroying your brain cells in a big way.

Source: <http://www.productsherbal.com>