

Différents types de produits amaigrissants selon leur mécanisme d'action et leur ingrédient actif

Mécanisme d'action	Ingrédients actifs	Exemples de produits sur le marché	Effets secondaires possibles (liste non-exhaustive)
Stimulants / agents thermogéniques¹	Éphédra	4everfit, Kaizen, XP Labs	Tachycardie, anxiété, dyspnée, douleur à la poitrine, augmentation des risques de palpitations cardiaques, arythmies ²
	Synéphrine	SD Pharmaceuticals, iHealth, PrimaForce	
	DHEA	Natrol, Life Extension, Country Life, 21st Century	
	Zeste d'orange amer (citrus aurantium)	Nature's way, Naturetition, NusaPure, Solaray	
	Caféine	Redbull, Monster, HydroxcCut, ALLMAX, Energy + Burner, Precision, Synergex, SiSU	
Laxatifs¹	Senné	Senokot, Nu-lax, Adrien Gagnon, Equate, Phytovie, Life	Diarrhée, ballonnements, déséquilibre électrolytique, nausées, irritation et saignements rectaux, crampes ou douleurs sévères ³
	Aloès	Aloelax, Nu-lax, Phytovie, Nature's Way, NutriPur, Now Foods, Equate	
	Cascara	Eliminex, Now Foods, Christopher's, Nature's Way, Herbal Factors, Nature's Answer, Coralclub	
	Graine de lin	Nature's Bounty, Webber Naturals, Personnelle	
	Psyllium*	Metamucil, Equate, Organika, Nature's Way, Nutridom, Flora, Metagenics	
Diurétiques⁴	Pissenlit	Phytovie, Léo Désilets, Jamieson, Nature's Way, Traditional Medicinals, Herbal Factors, Now Foods, Bio Sense, Natures Craft, DRY XT	Déshydratation, hypotension, hypocalcémie, constipation, arythmies ⁵
	Thé vert	Water Pills, Gamma force, Nature's Bounty, Nat & Form Bio, New Roots Herbal	
	Fenouille	Nature's Way, Traditional Medicinals, Divine Essence, Nature's Sunshine, Léo Désilets, Well Told Health Botanicals	
Coupe-faim¹	Capsaïcine (Cayenne)	Nature's way, Nature Restore, GNC Herbal Plus, Oxford Vitality, Kaged Muscle	Augmentation du risque de cardiopathies valvulaires et d'hypertension pulmonaire, diarrhées, ballonnements, flatulences ^{6,7,8}
	PGX (polyglycoplex)	PGX Daily, WellBetX PGX, SlimStyles PGX	
	Glucomannan (racine de Konjac)	Now Foods, Nature's Way, Nature's Bounty, Pipping Rock, Lindens, Organika, Best Naturals	

	Methylcellulose	Citrucel, Equate, Nutrilite, Life Extension, AOR, Nutricology	
	Pectine	Now Foods, Organika, Apple Pectin Rich, Eco Nugenics, AOR, Solgar, Nature's Plus	
Modulateurs du métabolisme¹	Garcinia cambodgia (acide hydroxycitrique)	MetaSlim, Purely Inspired, Natural Genius, Personnelle, Nutriflair	Hépatotoxicité, maux de tête, inconfort gastrointestinal, diarrhée, flatulences, selles volumineuses, ballonnement, nausées, brûlures d'estomac, nervosité, irrégularités cardiaques, nervosité, rash, asthénie, douleurs abdominales, symptômes des voies respiratoires supérieures ^{9,10}
	Extrait de thé vert	MetaSlim, Herbal Factors, BurnXT, SD Pharmaceuticals, Nature's Bounty, Life	
	Pyruvate	Vitamins Because, Pure Naturals, Best Naturals, BulkSupplements, Source Naturals	
	Gymnema Sylvestre	Now Foods, Nature's way, Best Naturals, Nature Plus, Lucky Herbs, Swanson	
	Haricot blanc	Arazo Nutrition, MetaSlim, SM Nutrition, Canadian Protein, Nature's Craft	
	Vinaigre de cidre de pomme	Webber Naturals, Jamieson, MetaSlim, Goli Nutrition, Enzymedica, Nutriflair, SUKU, Nature's Truth, Nature's Bounty, Now Foods, Organika	
	Jus de goji	Dynamic Health, Olly, Enerex, Dragon Herbs, Pipping Rock, Doctor's Best, KOS, Life's Basics	
	Acide linoléique conjugué	ALLMAX, Precision, Evlution Nutrition, Naturiste, Nature's Bounty, Pure Vita Labs, RSP	
	Acide alpha-lipoïque	Webber Naturals, Life, Natural Factors, Now Foods, AOR, Provita CanPrev, Organika, Nature's Bounty	
	Carnitine	ALLMAX, Now Foods, AOR, Six Star, Precision, Sundown Naturals, Life Extension	
	Picolinate de chrome	Life, Nature's Bounty, Now Foods, AOR, SiSU, Natural factors, Provita	
Chitosane	Now Foods, Organika, Nutridom		

* Le psyllium agit à la fois comme laxatif et coupe-faim

Références

- ¹ Rogovik A.L., Chanoine JP. & Goldman R.D. Pharmacotherapy and Weight-Loss Supplements for Treatment of Paediatric Obesity. *Drugs* [En ligne]. (2010); 70: 335–346. doi: <https://doi.org/10.2165/11319210-000000000-00000>
- ² Ríos-Hoyo A, Gutiérrez-Salmeán G. New Dietary Supplements for Obesity: What We Currently Know. *Curr Obes Rep*[En ligne]. (2016); 5: 262–270. doi: <https://doi.org/10.1007/s13679-016-0214-y>
- ³ MayoClinic.org [En ligne]. Over-the-counter laxatives for constipation: Use with caution. Mayo Foundation for Medical Education and Research (MFMER). 2017.
- ⁴ Wright CI, Van-Burren L, Kroner CI, Koning MMG. Herbal medicines as diuretics: A review of the scientific evidence. *Journal of Ethnopharmacology* [en ligne]. (2007); 114(1): 1-31. doi: <https://doi.org/10.1016/j.jep.2007.07.023>
- ⁵ Weinberger, MH. Diuretics and Their Side Effects. *Hypertension* [en ligne]. (1998) ; 11(3) : 16-20. Doi:https://doi.org/10.1161/01.HYP.11.3.Pt_2.1116
- ⁶ Pittler MH, Ernst E. Dietary supplements for body-weight reduction: a systematic review. *Am J Clin Nutr* [En ligne].(2004); 79(4): 529-36. doi: [10.1093/ajcn/79.4.529](https://doi.org/10.1093/ajcn/79.4.529)
- ⁷ Weissman NJ. Appetite suppressants and valvular heart disease. *Am J Med Sci* [En ligne]. (2001); 321(4): 285-91. doi:10.1097/00000441-200104000-00008
- ⁸ Connolly, HM, McGoon MD. (1999). Obesity drugs and the heart. *Current problems in cardiology* [En ligne]. (1999);24(12): 745-792 doi: [https://doi.org/10.1016/s0146-2806\(99\)90013-0](https://doi.org/10.1016/s0146-2806(99)90013-0)
- ⁹ Lunsford, KE, Bodzin AS, Reino DC., Wang, HL, Busuttill RW. Dangerous dietary supplements: Garcinia cambogia-associated hepatic failure requiring transplantation. *World J Gastroenterol* [En ligne]. (2016); 22(45): 10071–10076. doi:10.3748/wjg.v22.i45.10071
- ¹⁰ Ma ZF, Zhang H, Teh SS, Wang CW, Zhang Y, Hayford, F, Wang L, Ma T, Dong Z, Zhang Y, Zhu Y. Goji Berries as a Potential Natural Antioxidant Medicine: An Insight into Their Molecular Mechanisms of Action. *Oxidative medicine and cellular longevity* [En ligne]. (2019). doi: <https://doi.org/10.1155/2019/2437397>