



The

PTI BUZZ

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A magic bullet for weight loss? At what cost ?

As people search for the magic formula for weight loss another pill has been taken off the market. Hydroxycut , has been linked to serious liver injuries and one death.

What other weight loss formulas should you stay away from? Any products that contain the following:

- Bitter orange
- Chitosan
- Chromium
- Conjugated linoleic acid (CLA)
- Country mallow (heartleaf)
- Ephedra
- Green tea extract
- Guar gum
- Hoodia

Please be aware that all of these products are not FDA approved and promise quick weight loss with unsafe side effects. Long term effects are unknown. The only "magic bullet" is a safe diet along with a responsible exercise program.

By walking the outside of the mall before going in, you can burn approx. 150 calories!!!!

For more information on this tip and others, visit our Blog at theptiblog.blogspot.com

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