

Best appetite suppressants

Frequent hunger waves on a diet can tempt you and wane your weight loss progress. Keep reading to find out the ultimate cure to curb your hunger.

Binge eating and snacking due to hunger pangs can keep you from achieving your ideal body weight. Fortunately, appetite suppressants can help you get rid of them.

Appetite suppressants, also referred to as diet pills or weight medication, are composed of all-natural ingredients that make you feel full by suppressing the brain's urge to eat. It mostly works by blocking the reuptake of the 'serotonin' hormone that regulates your appetite and leaves you with the feeling of satiety. This compels your body to use stored fat. The reduction in the number of calories leads to gradual weight loss.

After careful analysis, we have gathered the best appetite suppressants available in the market that can aid you in your weight loss journey.

7 Best Appetite suppressants to try in 2023

Phenq- A top appetite suppressant for men and women

Phenq PM- Best night time fat burning pill

Phen24- Day and night best fat-burning pill

PhenGold- Best OTC natural appetite suppressant

Leanbean- A women-targeted appetite suppressant

Trimtone- A powerful weight loss formula for women

Primeshred- Top fat shredder for accelerated fat loss

PhenQ- A top appetite suppressant for men and women

Brand Overview

PhenQ is a naturally made appetite suppressant that has helped over 190000 people achieve their dream physique. They have a unique formula, new to the market, that supports metabolism and represses cravings. It is manufactured by Wolfson Brands (UK) Ltd, which has been offering high-quality supplements for over a decade.

PhenQ works in the following ways.

- A-LACYS reset with Capsimax has a thermogenic effect that burns fat by suppressing hunger and maintaining energy.

- It reduces fat accumulation by stopping fat cells from growing
- It reduces carb craving by improving insulin sensitivity.
- Using PhenQ, your energy levels are sustained throughout the day.

PhenQ is suitable for both men and women. It targets your weight loss from more than one angle and ensures success. They recommend using it for at least 2 months to see visible results. It is not to be taken after 3 pm to refrain from disturbing your sleeping routine, and limiting your coffee intake is also advised.

You don't need a prescription for PhenQ. It's completely safe to use and can be continued for as long as you need. Being a leading food supplement in the industry, it has no reported side effects, and it also doesn't interfere with oral contraceptives.

However, it should be avoided if you are pregnant or lactating or are under 18.

PhenQ offers a 60-day money-back guarantee to boost your faith in them. The first two empty bottles are to be returned along with any unopened bottles to receive a 100% refund. They ship worldwide and offer FREE delivery.

It is a blend of powerful and effective ingredients that make you achieve 5x weight loss efforts. It's made from 100% vegan ingredients making it an ideal option for vegetarians. The key ingredient in their formula is a LACYS RESET which boosts slimness by naturally boosting thermogenesis and shedding excessive fat. The rest of its important ingredients are mentioned below.

Ingredients

CAPSIMAX POWDER

It's a natural extract from red chili peppers that improves the slimming efforts by breaking down the stored fat, i.e., Lypolysis. It also has thermogenic qualities, which aid in influencing the metabolic rate to give an effect of fullness.

NOPAL CACTUS

It makes you feel surfeit by binding to dietary fats and increasing their excretion. It promotes fecal fat excretion and also helps in reducing inflammation, obesity, and high cholesterol.

CAFFEINE

It reduces your fatigue and promotes metabolism by 3-11%. With a higher metabolic rate, it is easier for you to lose fat, and it also stimulates your fat cells signaling them to break down.

CHROMIUM PICOLINATE

It's a mineral that improves the body's response to insulin. It reduces hunger and cravings. It doesn't directly help with weight loss but assists in the process.

L-CARNITINE FUMARATE

It's found in red meat and makes your weight loss journey easier by burning fat and saving more glycogen. It makes your body use fat as a fuel source, improves your work capacity, and helps combat exhaustion.

Dosage

Two tablets are to be taken each day

Price

One bottle of PhenQ appetite suppressants costs \$69.99 and contains sixty pills.

Advantages of PhenQ

- **FDA approved**
PhenQ diet pills are manufactured in FDA-approved facilities, which means it is determined to provide benefits.
- **Vegan ingredients**
It is formulated from ingredients that are chemical-free and are found naturally. It makes it safe to consume and suitable for most people, especially vegetarians.
- **Scientifically valid formula**
The ingredients used in their formula are backed by research and studies.
- **Discounts**
PhenQ offers discounts on bulk orders. It even gives FREE bottles on specific plans.
- **Free shipping**
The shipping of PhenQ is free of cost and worldwide shipment.

Potential drawbacks of PhenQ

- **Online product:**
You can buy the PhenQ appetite suppressants only from their website.
- **Insomnia:**
For those people who have higher caffeine intake, it may cause sleeping troubles.

PhenQ PM- Best night time fat burning pill

Brand Overview

PhenQ PM is a scientifically proven, one of its kind fat burner that works at night while you sleep. It uses various minerals and amino acids to help you achieve 7 to 9 hours of sleep while it burns away extra pounds of fat. In the process, it also starts slow metabolism that aids in removing fat along with decreasing morning grogginess. It makes the best out of your sleep by

- Increasing the production of growth hormone that is responsible for muscle building and reducing calories helps you achieve a slimmer, lean body.
- Decreasing cortisol levels speed up the fat-melting process in your body.
- Suppressing hunger with decreased cortisol levels. Your appetite is declined, and your cravings abstain.
- Putting you into the deep sleep phase helps you wake up with more energy that lasts through the day and improves your mood.

Cortisol is a hormone that increases your appetite and reduces your metabolism rate. It also stimulates glucose production, which is converted into fat. So, to avoid further fat accumulation, PhenQ targets this

hormone and brings it to lower levels. Similarly, the growth hormone aids in weight loss by controlling enzymes for lipolysis and lipogenesis.

PhenQ PM is equally beneficial for men and women of all ages. It's easy to take an effective pill that saves you from the hurdles of rushing to the gym, especially if you are a busy parent or overworked individuals. It doesn't tie you down to a routine. You simply have to pop the pills 30 mins to 1 hour before sleeping so that its ingredients are absorbed by the body effectively.

To notice the difference in your body weight, the brand recommends using diet pills for at least 60 days. They recommend using their 3-month or 6-month package. If you're unable to see any results, they also offer a 60-day money-back guarantee where you can return and get a full refund.

They have an encryption payment processing system to keep your information safe. They offer FREE shipping worldwide.

It's made in the USA and is GMP certified. It is soy-free, grain-free, gluten, and dairy-free, so it's safe to consume. It has only natural ingredients and no preservatives.

The ingredients of this nighttime fat-incinerating pill are as follows.

Ingredients

CHOLINE

It's part of the Vitamin B family. It prevents the excess storage of fat by efficiently starting fat metabolism. It also leaves you with the feeling of fullness.

VITAMIN B5

Vitamin B5 or Pantothenic acid activates enzymes that work to burn fat. It also eases up your body and promotes peaceful feelings by lowering stress.

VITAMIN B6

It greatly helps you to lose water weight. It acts as a diuretic which enhances the excretion of excessive fluids. It also reduces your need for carbs by converting glycogen to glucose effectively, and this aids in suppressing your diet.

VITAMIN B1

It targets carbohydrates and accelerates their metabolism by breaking them down. It uses carbs to help with stress and fatigue and improve brain function.

VITAMIN C

This vitamin boosts your immunity and increases fat loss by absorbing iron in your diet effectively and reducing any oxidative stress caused by overworking.

MOLYBDENUM

It is a trace mineral that prevents toxins from building up in your body. It is rapidly excreted, so it poses no threat when consumed. It also improves your body's ability to flush out the cortisol hormone.

BIOTIN

Biotin increases your resting rate of metabolism, which means it accelerates weight loss when you are resting. It works well when combined with chromium which is the next on the ingredient list.

CHROMIUM

This maintains your blood sugar levels by affecting glucose and inulin in your body. It also helps in losing weight by increasing lean body mass.

5-HTP

It stimulates serotonin production to reduce your cravings and promotes the feeling of surfeit. It also regulates your mood and improves your sleep cycle.

L-THEANINE

It is a fast-acting amino acid, and this one, in particular, puts your brain in a relaxed, stress-free zone. It puts you in a relaxed state so that the pills can start to work.

L-LYCINE HCL

This is another amino acid in the formula that converts fat into energy by supporting the production of carnitine.

L-ARGININE

It enhances the growth hormone levels to help minimize adipose tissue by converting fats to energy. It burns away your fat all night.

Dosage

Four capsules are to be taken every day.

Price

Its one-month supply costs \$64.99.

Advantages of PhenQ PM

- **Relaxes mood**
It has vitamins that lower your stress levels, leaving you with a relaxing feeling.
- **Improves sleep quality**
Its ingredients work to provide a good night's sleep to relax you, and you wake up feeling healthy, energized, and fresh.
- **Controlled craving**
Cravings are your biggest enemy when it comes to dieting. Fortunately, PhenQ PM works to keep them in control and promote satiety.
- **60-day money-back guarantee**
PhenQ PM offers a full refund to anyone unsatisfied with their progress.
- **Free shipping**
They ship FREE of cost worldwide.

Potential drawbacks of PhenQ PM

- **Online brand**
The brand only has a digital presence. Hence, you can only place an order online.

Phen24- Best day and night fat-burning pill

Brand Overview:

Unlike most diet pills that work either during the day or at night, Phen24 is a formula that works to burn fat at during both times. It focuses mainly on curbing hunger, burning fat, and providing energy during the day. While at night, it shifts to burn fat while you sleep and keep midnight cravings in check.

Here is how Phen24 works for your successful weight loss journey, 24 hours a day.

- **During day time**

By lowering cortisol levels during your daytime, Phen24 speeds up your metabolism. It burns the excessive stored fat while banishing hunger and making you stay energized throughout the day so that you can carry out the daily tasks without burning out.

- **During nighttime**

Phen24 has relaxing ingredients such as no habit-forming melatonin that plays a role in the sleep-wake cycle to ensure a good night's sleep and also reduces stress eating. The ingredients work helps to boost mood and burn fat while you sleep.

It is manufactured by Wolfson brands (UK), a renowned and reliable health supplement company. It is FDA-approved and has safe-to-consume ingredients. It is a 100% vegan-friendly formula with safe amounts of caffeine, i.e., 150 mg in a single capsule. The brand recommends using the pills for at least 3 months to notice results.

Phen 24 is not to be consumed by people with life-threatening conditions like cancer, those who are taking antidepressants, are pregnant or are diabetic.

They offer worldwide FREE shipping. All the orders placed on their website are secured by 2048-bit encryption. Moreover, if you are unsatisfied with your results, you may contact them within 60 days and get a full refund.

The ingredients list of Phen24 is given below.

Ingredients

Phen24 Day formula

ASHWAGANDHA

It is a natural antioxidant that relieves stress and speeds up your metabolism. Doing so prevents 'stress eating,' and higher metabolism burns up fat faster.

CAYENNE

It is extracted from spicy pepper and keeps thermogenic qualities like any other spicy food. Whenever consumed, it increases the temperature of your body, and when it cools down, your calories are burnt.

GUARANA

This ingredient lowers your appetite and also improves your metabolic rate. They keep a diuretic effect which removes your water weight. Guarana has caffeine in it, which helps to improve mood and energy levels.

L-PHENYLALANINE

It increases the levels of a hormone that promotes digestion called cholecystokinin and facilitates weight loss.

Phen24 Night formula

L-ARGININE

It works by converting fat into energy. It also increases muscle mass by increasing metabolism and decreasing the number of calories.

CHOLINE BITARTRATE

This ingredient reduces the production of leptin, a hunger hormone, and aid in promoting the feeling of fullness. Doing so decreases calorie intake.

GRIFFONIA

It is also known as 5-HTP. It suppresses the appetite by increasing the production of serotonin or the make happy hormone which not only aids in making you feel surfeited with less food portion but also relaxes you and elevates your mood.

L-THEANINE

It reduces the feeling of hunger and cravings, and it also promotes metabolism.

Dosage

One pill of Phen 24 DAY is to be taken with breakfast, and two pills of Phen 24 Night are to be consumed 15 minutes before your evening meal.

Price

One month's supply of Phen 24 costs \$69.99.

Advantages of Phen24

➤ **Affordably priced**

If you are looking for a budget-friendly option, this 24-hour working pill might be the best fit for you. Not only is it affordable, but it also offers various discounts and savings on bulk orders.

➤ **FDA Approved**

The products of Phen 24 are made in FDA-approved facilities and are safe for daily consumption.

➤ **100% vegetarian**

All the ingredients are vegan.

➤ **Researched ingredients**

All the ingredients included in this diet pill are well-researched and proven to work.

➤ **Easy returns**

If the products are received in a damaged condition, they can be returned within 14 days by simply emailing customer care.

Potential drawbacks of Pehn24

➤ Caffeine content

If you are sensitive to caffeine content, its increase in your diet may be problematic.

PhenGold- Best OTC natural appetite suppressant

Brand Overview

PhenGold is a USA-made fat-burning formula with clinically proven ingredients that activate hormones responsible for fat breakdown and holding back your cravings. It flares up your metabolism rate to convert calories into energy. PhenGold work by

- Using caffeine to fire up your metabolism and speed up the conversion of fat into energy.
- Reducing cravings and hunger through two naturally found appetite suppressants, namely capsaicin, and caffeine. It aids in abstaining from overeating.
- Increasing the levels of epinephrine, norepinephrine, and adiponectin which are fat-burning hormones present in their powerful ingredients to break down stored fat.
- Increasing your energy levels to tackle your routine and give you enough energy to get through the day. It does it by blocking the release of adenosine, a hormone responsible for making you tired.
- Increasing “happy hormones” to boost your mood.

PhenGold is naturally made and 100% safe for consumption. It has no reported side effects and is FDA registered. It has non-GMO ingredients with no fillers or preservatives and is GMP certified. Moreover, it is also soy, gluten, and dairy free. It is a safe option for most people, including vegetarians, and can effectively deliver results.

The brand recommends limited caffeine as it contains 225mg of caffeine and 100 mg of green coffee and can cause adverse effects if not controlled. Moreover, it shouldn't be consumed by pregnant or nursing women.

Each ingredient is extensively researched and backed with scientific claims before incorporating into the formula, which takes up to a few weeks or a month to show results.

PhenGold offers a 100-day money-back guarantee where you can get a full refund in case of not experience any results. They have a secure checkout, and none of your information is saved or harmed while placing an order. Their deliveries are fast and FREE, and they ship to most countries but not worldwide.

Ingredients

VITAMINS B3, B6, B12

These vitamins break down fats and carbohydrates to convert them into energy. Vitamin B6 boosts your metabolism to cut down fat, Vitamin B3 increases adiponectin (a weight loss hormone), and Vitamin B12 contributes to healthy brain function.

DMAE

2-dimethylaminoethanol, or DMAE, is known to enhance mood. It also boosts levels of acetylcholine which helps send signals to the cells

CAFFEINE

It stimulates the nervous system to carry out the process of lipolysis and break down the adipose tissue. It also increases your energy by increasing the epinephrine in your blood.

CAYENNE PEPPER

It is a chemical with thermogenic properties that fires up your metabolism and reduces your appetite. Its intake raises the temperature and burns calories.

RHODIOLA ROSEA

It stimulates the lipase enzyme to break down belly fat. It regulates appetite and stress.

L-TYROSINE

It increases growth hormone, which promotes fullness feeling and suppresses your appetite to promote weight loss.

L-THEANINE

It is an amino acid that is known to reduce stress eating, which is one of the major contributors to stubborn fat in the body.

GREEN COFFEE

It limits fat absorption, and its antioxidant effects help to lower blood pressure to promote ease.

GREEN TEA

It is another ingredient that aids in boosting metabolism to burn fat and produce energy.

Dosage

Three capsules are to be taken before breakfast.

Price

A one-month supply of PhenGold costs \$59.99

Advantages of PhenGold

➤ **Good customer care**

If you encounter any trouble regarding the products of PhenGold, you can always avail of their help from customer service, which is available around the clock.

➤ **Non-GMO ingredients**

Non-GMO ingredients are free of toxins and chemicals. They support healthy and sustainable living.

➤ **FDA registered facility**

The products of PhenGold are manufactured in FDA-approved facilities

➤ **100-day money-back guarantee**

PhenGold offers 100 days to get a full refund if you are unsatisfied with the results.

➤ **No prescription required**

You don't need any prescription to buy PhenGold.

Potential drawbacks of PhenGold

➤ **High caffeine content**

This appetite suppressant has a high caffeine content which can cause dizziness and headaches in people with sensitivity.

➤ **Online product**

PhenGold has no physical outlet. It is only available online.

Leanbean- A women-targeted appetite suppressant

Brand Overview:

Leanbean is a weight loss supplement designed particularly for women. This product is marketed as an all-natural solution that can help women suppress their appetite, boost their metabolism, and increase their energy levels. It is a product of Ultimate Life, a UK-based health and fitness company that specializes in producing natural supplements for women. Here is how it works to help you

- Leanbean uses dietary fiber called Glucomannan, a natural appetite suppressant that swells in your tummy to promote the feeling of fullness and diminish cravings.
- By using mineral chromium, lean bean brings blood glucose to normal levels and burn calories by kickstarting fast metabolism. Good metabolism improves your energy levels as well.
- It uses stimulants like caffeine anhydrous to improve your efficiency and reduce fatigue.

The manufacturers of Leanbean claim that their supplement can help women reduce their weight by reducing food cravings and increasing the body's fat-burning process.

However, the effectiveness of Leanbean may vary from person to person depending on various factors such as; body type, dietary plans, and exercise. Leanbean doesn't require any prescription to use daily; however, depending on the individual's health condition, it is always advisable to consult a doctor before starting any new supplement.

Leanbean is produced in BRC-registered facilities to ensure the highest quality and is good manufacturing certified as well. The supplement consists of a range of ingredients known to reduce appetite, boost metabolism, and support healthy digestion.

Moreover, the targeted formula for Leanbean is designed specifically to keep in mind the challenges that women face in their weight loss journey. For example, the product contains a blend of minerals and vitamins that support healthy hormone levels, which is beneficial for women experiencing hormonal imbalances.

If you buy at least 2 bottles, you are eligible for FREE shipping if you are located in USA or UK. The brand is so confident in its product that they offer a money-back guarantee if you buy its 4-month bundle for an amazing price of \$189.97 only, which comes with FREE worldwide delivery, and you still don't see your desired results.

Ingredients

ACAI BERRY

They are antioxidants and help to protect cells from harmful molecules. They are rich in fiber, so they also contribute to normal digestion.

GREEN COFFEE

Green coffee is regular coffee beans that have not been roasted and are relatively very high in antioxidants. It has chlorogenic acid that aids in suppressing appetite, and it helps to lose the visceral fat around your abdomen, which decreases your risk of cardiovascular diseases.

GARCINIA CAMBOGIA

It is a tropical fruit that blocks the ability of your body to make fat, and it keeps your sugar and cholesterol levels in control.

TURMERIC

It reduces fat tissue growth and limits its regain. It is a thermogenic spice, so that it can reduce your calories. It has various health benefits besides weight loss.

ZINC

It is a mineral that is essential for improving the immunity of your body. It also reduces insulin resistance and appetite.

CHLORIDE

It is an electrolyte that plays a fundamental role in keeping you hydrated. It also contributes to normal digestion by increasing the production of hydrochloric acid while working with other electrolytes.

VITAMIN B6, B12

Vitamin B complex metabolizes carbs, fats, and proteins. They help you attain energy-yielding metabolism. They also improve tiredness and muscle function.

CHROMIUM

It is a trace mineral that maintains normal blood glucose levels and supports macronutrient metabolism. It triggers weight loss by decreasing the percentage of body fat.

CHOLINE

It is synthesized by the liver and aids in the transport of fat and cholesterol removal. It contributes to normal fat metabolism and homocysteine metabolism.

GLUCOMANNAN

It is a dietary fiber that can absorb water and expand in the stomach. This makes you feel full even with fewer portions.

PIPERINE

It is an extract of black pepper that aids in absorbing other vital nutrients from the food.

Dosage

Two capsules are to be taken 3 times a day for at least 90 days.

Price

A bottle of Leanbean costs \$59.99, and it comes with 180 pills, which will provide you with enough dosage for one month.

If you buy at least 2 bottles, you are eligible for FREE shipping if you are located in USA or UK.

For now, Leanbean is only available to buy on its official website.

Advantages of Leanbean

➤ **Natural ingredients**

Leanbean is made up of all-natural ingredients, which means that it is free from harmful chemicals.

➤ **Women-specific**

This fat-burning pill is specifically designed for women to keep their bodies, functions, and needs in view.

➤ **Increases energy**

Leanbean contains natural ingredients that can help boost energy levels, which makes it easier for women to stay active throughout the day.

➤ **Money-back guarantee**

If you buy their 4-month bundle and are still unsatisfied with the results, you are eligible for a full refund.

Potential drawbacks of Leanbean

• **It is Expensive**

Leanbean is not cheap, and some people may find it difficult to afford them over longer periods.

• **Online**

For now, Leanbean is only available to buy on its official website.

Trimtone- A powerful weight loss formula for women

Brand Overview

Trimtone is a weight loss supplement for women. It is manufactured by Swiss Research Labs Limited, a UK-based company that focuses on using natural ingredients to support healthy lifestyles. Trimtone is a 100% natural female fat burner made from ingredients that are proven to work.

Here is what Trimtone does.

- Trimtone stimulates thermogenesis, a process in which the body's stored fat is converted into energy and speeds up your metabolism. It will help burn your body fat quickly, helping you to lose weight and achieve your diet goals.
- Trimtone is its targeted formula for women. The supplement is designed to address some unique challenges women face when trying to lose weight, such as hormonal imbalances

and cravings for unhealthy foods. It saves you from sudden food cravings by suppressing your appetite, which helps you keep your per-day calorie balance intact. By controlling your hunger, Trimtone helps you to avoid unnecessary calories that would otherwise end up in your stomach.

Unlike some other fat burners for women, it isn't overloaded with any unnecessary ingredients. It requires to intake of only 1 capsule of this supplement daily before breakfast, unlike other fat burners, which require you to take them several times throughout the day, making it super easy to fit into your busy schedule, saving you the hassle of running back and forth to the gym. The formula of Trimtone may look simple, but it is very powerful.

The ingredients of this brand are natural and effective, free from all fillers and preservatives. The natural formula of Trimstone sets it apart from other weight loss supplements in the market, which makes it a safe and healthy option for women who do not want to risk having any side effects.

It has ingredients like caffeine and green tea to aid in weight loss. They also recommend physical exercise and diet along with the usage of pills, which can be used before a workout. Their results are mostly visible within a few days, depending on the diet and exercise plan you choose to follow with it.

There are no known side effects of Trimtone. However, the pill is not an option for vegetarians as it is made with gelatin capsules.

It is not recommended to take Trimtone if you are pregnant or breastfeeding. If you are on medication, it is best to consult a healthcare professional before taking Trimtone to ensure it is suitable for you.

Trimtone is GMP certified and made in the USA. They have various packages that you can choose from.

Ingredients

CAFFEINE

Caffeine works as a stimulant and a fat burner. It increases thermogenesis to burn calories and also works to give you an instant dose of energy.

GREEN TEA

It boosts your metabolism along with the hormones responsible for the burning of fat. It aids in reducing the number of carbohydrates absorbed by your body so that fewer carbs are stored as fats.

GREEN COFFEE

These unroasted coffee beans have chlorogenic acid known to reduce fat. They also lower the insulin levels in your blood and amp your calorie burn rate.

GRAINS OF PARADISE

It is a herb from the ginger family that performs thermogenesis in your body to fire up brown adipose tissues, regulate blood sugar levels and stabilize your energy to decrease frequent hunger pangs.

GLUCOMANNAN

This dietary fiber helps to abstain from temptation by expanding in your stomach and making you feel surfeited.

Dosage

It is recommended to intake 1 capsule of Trimtone every morning 30 minutes before breakfast with water.

Price

A bottle of Trimtone, consisting of 30 capsules which is a sufficient dosage for a month, costs only \$49.99. If you buy their \$99.99 package, you get 2 bottles and 1 more FREE, along with 15-day diet guides. It is available to buy on its website and other e-commerce marketplaces.

Advantages of Trimtone

Women targeted formula

The formula is made with the understanding of a woman's body requirements.

Convenient dose

You only have to take a single pill every day.

Natural ingredients

All the ingredients used in their formula are safe and natural

100-day money-back guarantee

You can receive a refund if you return it within 100 days

Potential drawbacks of Trimtone

Not for vegans

Trimtone clearly states that its capsules are made out of gelatin capsules, so it is not made for vegans.

Limitations for free delivery

You can only get FREE delivery if you place an order for 3 or more bottles.

PrimeShed- Top fat shredder for accelerated fat loss

Brand Overview

Primeshed has a high-potency formula that shreds your fat without losing any muscle mass. It dissolves away stubborn plateaus by using its three-stage approach stated below.

- The ingredients used in it trigger lipolysis by releasing epinephrine and norepinephrine, fat-burning hormones.
- It speeds up the fat-burning rate by using capsaicinoids that increase fat burn by 50 calories per day.
- Your energy levels are boosted by the caffeine present in its formula, which is known to reduce lethargy. L-theanine helps to boost the effect of caffeine.

It also has a mood-boosting complex that elevates your mood, provides replacement, and boosts energy.

No mystery or proprietary blends are used in their formula. All the ingredients are up to date and researched. PrimeShed has only natural, safe, and vegan-friendly ingredients. They are completely free of meat, eggs, or any dairy product. PrimeShed also doesn't contain any artificial colors or preservatives. And is GMO-free. Their main ingredients like cayenne pepper, green tea extract, and caffeine, which are proven to help with weight loss and lean muscle mass. By improving metabolism

Men and women both can consume PrimeShed. It burns your fat regardless of your gender. However, pregnant or lactating women should avoid using it.

PrimeShed is manufactured in the United States of America in FDA-approved and GMP-certified facilities with the finest quality control.

PrimeShed recommends using it for at least 50, but if satisfactory results are not achieved, it also offers a 100-day money-back guarantee. But, it does not apply to their one-month supply.

Prime sheds ships to most countries in the world but not worldwide. You can check if your country is listed in the no shipment list present on their site.

Ingredients

CAYENNE PEPPER

It increases thermogenesis to burn more calories. It also activates the fat-burning enzymes to foster the activity of fat breakdown.

VEGETABLE CAPSULE

It is a plant-based vegetable capsule made from hypromellose (suitable for vegetarians)

CAFFEINE ANHYDROUS

Caffeine anhydrous fastens your metabolism and increases fat burning by the production of key fat-burning hormones that break down fatty acids inside your fat cells. This also assists in enhancing your energy, focus, and alertness.

BIOPERINE

It helps to absorb the ingredients faster and more easily to help you receive maximum benefit from each active ingredient.

RHODIOLA ROSEA ROOT

This root works by stimulating fat breakdown enzymes to remove fat. It also improves energy levels and performance by quickly increasing oxygen transportation to your muscles.

VITAMIN B COMPLEX

It contributes to normal, high-energy-yielding metabolism and helps reduce lethargy.

L-THEANINE

This ingredient pumps the levels of serotonin, as known as the happy hormone, to improve your mood. It also increases your metabolism of fat and carbohydrates.

GREEN COFFEE

It sparks thermogenesis for fast fat burning and increases the release of neurotransmitters that reduce tiredness, making you feel more awake and energized throughout the day.

L-TYROSINE

This works to improve your focus and delays the depletion of neurotransmitters responsible for mental cognition.

DMAE

It increases acetylcholine production to improve muscle contraction and cognitive performance.

GREEN TEA EXTRACT

It accelerates fat burning by speeding up your metabolism, boosting the effects of fat-burning hormones such as norepinephrine. It has also been found to reduce triglyceride levels, a form of fat stored in your fat cells.

Dosage

Three capsules of PrimeShed are to be taken 20 minutes before breakfast on training and non-training days.

Price

Their one-month supply costs \$499.99 and contains 90 capsules.

Advantages of PrimeShed

- **Free of artificial ingredients**
It is completely natural and free of preservatives and GMO
- **100-day money-back guarantee**
In case of unsatisfactory results, you can always get a refund.
- **Good manufacturing certified**
They keep their quality in check and hence are good manufacturing certified.
- **Vegetarian friendly**
Their ingredients are vegan friendly

Potential drawbacks of PrimeShed

- **High caffeine content**
The pill contains high caffeine content that can cause problems for people with sensitivity to it.

FAQs

What are appetite suppressants?

Appetite-suppressant pills are designed to help reduce food cravings and boost metabolism, which helps you to achieve weight loss quickly.

Are appetite suppressants safe?

Appetite suppressants are generally safe to use if you follow the dosage recommended properly and check with your doctor about any considerations, such as possible interactions with other medicines or supplements that you might be using. Other than that, it's safe to use these suppressants. However, you should not use these suppressants during your pregnancy or if you are breastfeeding because you do not want to lose weight for a healthy pregnancy.

What are some common ingredients found in appetite suppressants?

Some common ingredients which are found in appetite suppressants are; green tea extract, caffeine, glucomannan, and chromium.

How much weight can be lost with appetite suppressants?

Mostly, it depends on your healthy lifestyle and dietary plans, as it varies from person to person. Still, appetite suppressants generally help people lose 3 to 9 percent of their body weight within a year if used with proper dosage and combined with a daily workout.

Are there any side effects of using appetite suppressants?

Some common side effects of using appetite suppressants include dizziness, headaches, and insomnia. However, more serious side effects can occur if recommended dosage of supplements is abused and taken in excessive amounts.

Who should not use appetite-suppressing pills?

Anyone with a life-threatening or serious health condition should avoid them. It is better to consult a doctor before starting any new supplements.

How much do appetite suppressants cost?

The cost of an appetite suppressant depends on various factors, such as the brand, ingredients used, and quantity. A month's supply of appetite suppressant pills can cost \$10-\$50. But some well-renowned brands may cost more. However, the cost is not the only factor you should consider when buying these supplements. You should thoroughly go through the product's descriptions and know how it works and which one will be the best choice for you.

How soon can I get results?

Results depend on your goals regarding weight loss, your body type, metabolism, and of course, genes. The results are mostly visible within the bracket of 50-100 days.

How do I know which is the best appetite suppressant pill for me?

Choosing the best appetite suppressant pill for you depends on various factors such as your goals, health condition, or any medical condition that you might have, and whatever ingredients suits you best. It is recommended to consult with a healthcare professional before taking any new supplements.

How long should you take appetite suppressants?

Use for 12 weeks and then assess your progress to take the next appropriate step. It is best to visit a physician to give recommendations regarding it.

Final thoughts

Appetite suppressants make you feel full and reduce cravings. Some of them also aid in weight loss by incorporating ingredients that have thermogenic qualities. Choosing an appetite suppressant with so many options on the shelf can be overwhelming, and this is why we researched and picked the best ones for you. They are the best appetite suppressant pills found on the market. To maximize the results of appetite suppressants, try incorporating a workout regime and a diet plan into your routine. An appetite suppressant can improve its effectiveness and help burn fat even faster while controlling your portion size.

Appetite suppressants are for you if you experience

- Emotional eating
- Stress eating
- Hunger waves
- Binge eating
- Excessive weight gain

They can help you stay on track and will stop you from derailing the weight loss journey. Buy the best one for you today and notice the difference quickly.

Appetite suppressants do not replace any medications; they work to curb those cravings. It empowers weight loss and enhances your well-being.

Lastly, avoid taking the pills at night if they contain stimulants like caffeine, or else it will affect your sleep cycle and keep you up all night.