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The review found that those who took orlistat lost an average of 2.9 percent more weight than those who did not take the drug. The FDA says bitter orange may not be safe to use as a dietary supplement.

Fat burning pills are also extremely common, but I do not personally recommend those; there have been numerous documented negative side effects with stimulant based fat burners. Here's what you need to know about the most common ingredients in natural weight loss supplements.

Glutamine supplement has fat-burning properties which work by speeding up of metabolism rate in the body. Anytime you can increase your resting metabolic rate, you are going to see an improvement in your weight and overall fitness level.

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