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What are you trying to do for fitness?

FDA Recall of Hydroxycut

The popular dietary supplement used for weight loss and some seeking muscle definition, Hydroxycut, has been recalled by the FDA due to the linkage of liver damage. To date, there have been 23 reported cases of serious liver damage as a result of the product line which includes 14 different products.

Specific ingredients linked to the problem has not been identified as it could be a mixture of ingredients in the products proprietary blend.

While many claims have been made by individuals that this product has been their savior for weight loss, but nothing has changed in the easiest formula for losing weight – the number of calories expended must exceed the number of calories consumed.



If individuals decrease the number of calories consumed just a little bit and increase their activity level to increase the number that are expended, then weight loss will occur. There are many products on the market that may or may not assist with the process, but none of these supplements has been reviewed by the FDA – thus any weight loss supplement poses a risk of similar problems such as Hydroxycut.

The old fashion way hard work thru increasing activity levels and decreasing the number of calories taken in continues to be a sure way to lose weight – for more info check out a number of the workouts on Tri4Fitness.Net and nutrition articles that are also available.