

Body Sculpting & Metabolism Supplements

Support for a leaner shape - appetite balance, a modest metabolic lift, and the protein that preserves muscle - used alongside diet and activity.

Metabolism

Satiety

Lean body

Thermogenic

Protein

1.6 g/kg

daily protein that helps
preserve muscle while dieting

3-6%

modest metabolic bump seen
with green tea + caffeine

25-38g

daily fiber target that supports
fullness

0.5-1kg

safe, sustainable weekly
weight change

What this category covers

Body sculpting and metabolism supplements support a leaner body composition by working on three levers: appetite and fullness, a small increase in energy expenditure, and preserving lean muscle. Protein and viscous fiber blunt hunger; caffeine and green tea nudge metabolism and fat oxidation slightly; and adequate protein protects the muscle that keeps metabolism high. None of these replace a calorie-aware diet and activity - they make the process a little easier to sustain.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Protein (whey/plant)	20 - 40 g	Satiety & preserves lean muscle	Strong
Viscous fiber (glucomannan)	3 - 4 g	Promotes fullness before meals	Moderate
Green tea extract (EGCG)	250 - 500 mg	Supports fat oxidation & metabolism	Moderate
Caffeine	100 - 200 mg	Thermogenesis & training energy	Moderate
L-carnitine	1 - 3 g	Fatty-acid transport for energy	Limited
Chromium	200 mcg	Supports blood-sugar & cravings	Limited
Capsaicin (cayenne)	2 - 6 mg	Mild thermogenic effect	Limited
CLA	3 - 4 g	Body-composition support (small)	Limited

How it helps

These formulas make a calorie-aware routine easier rather than doing the work for you.



Appetite & satiety

Protein and viscous fiber slow digestion and increase fullness, helping reduce overall intake without willpower battles.



Modest metabolic lift

Caffeine and green tea catechins give a small, real bump in energy expenditure and fat oxidation.



Protect lean muscle

Enough daily protein preserves the muscle that keeps your resting metabolism higher while you lose fat.



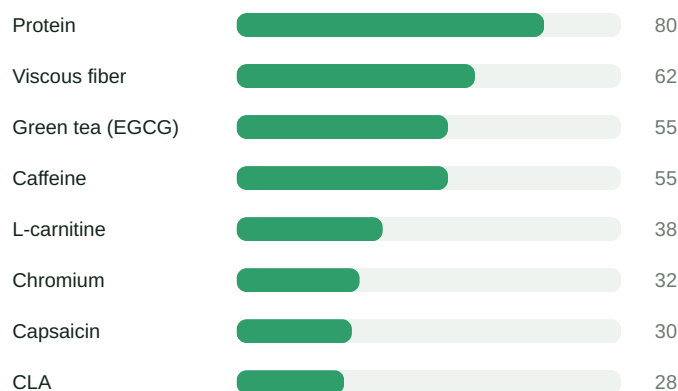
Energy for activity

Caffeine supports training intensity, so you move more and burn more across the day.

The data at a glance

Weight of human evidence by ingredient

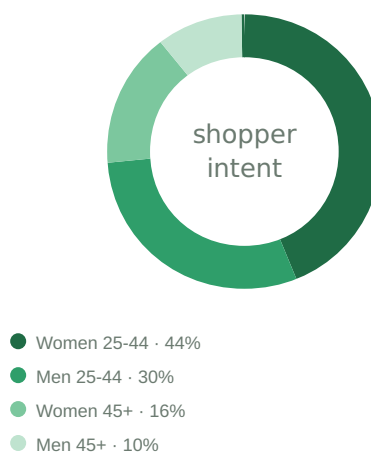
Higher = stronger, more consistent support for body-composition goals.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by shopper.



Who it's for & how to use

Best for

Adults working on fat loss or body recomposition who already have diet and activity in place and want extra appetite and energy support.

When to take

Caffeine and green tea in the morning or pre-workout; viscous fiber 15-30 min before meals with a full glass of water; protein spread through the day.

What to pair

Protein with fiber for stronger satiety; caffeine with green tea for metabolism; all of it with resistance training.

Safety & interactions

- Watch total daily caffeine across pre-workouts, coffee, and burners, and avoid it late in the day.
- Glucomannan and other viscous fibers must be taken with plenty of water - dry, they can pose a choking or blockage risk.
- 'Fat burners' give a modest effect at best and are not a substitute for a calorie-aware diet.
- CLA and some blends can cause GI upset; chromium may interact with diabetes medication.
- Avoid stimulant blends if you have heart conditions, high blood pressure, or anxiety - check with a clinician.

Frequently asked

Do fat burners actually work?

The evidence-backed ingredients (caffeine, green tea, protein, fiber) give a modest edge in appetite and metabolism. There's no product that outworks diet and activity.

Can protein help with weight loss?

Yes - higher protein increases fullness and preserves muscle while dieting, which supports fat loss and keeps metabolism from dropping as much.

Will I build a tolerance to caffeine?

Yes, effects fade with regular use. Cycling it or keeping doses moderate helps preserve the benefit and your sleep.

Are these safe?

The core ingredients are safe for most healthy adults at label doses. Stimulant blends warrant caution with heart, BP, anxiety, or sleep issues.

Featured products

Live items from this category, populated from the Tradebee products-read action.

No live products loaded. Populate **products[]** from the Tradebee products-read action to list this category's catalog here.

This page is educational and is not medical advice. Statements have not been evaluated by any regulatory authority and are not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare professional before starting any supplement, especially if pregnant, nursing, taking medication, or managing a health condition.