| Stoff | Stoffkategorie | diskutierter Wirkmechanismus (proposed action) | beschriebene Nebenwirkung | EFSA-Beurteilung<br>*1 = Ursache-Wirkungsbeziehung belegt*<br>*2 = Ursache-Wirkungsbeziehung nicht belegt*<br>*3 = Substanz ist nicht ausreichend charakterisiert*<br>*4 = Wirkaussage ist nicht ausreichend charakterisiert*<br>*5 = noch nicht beurteilt (under consideration)*<br>*6 = bisher kein Eintrag zu Gewichtsmanagment* | EU-Kommission Gemeinschaftsregister<br>*1 = authorised - zugelassen*<br>*2 = non authorised - nicht zugelassen*<br>*3 = bisher keine Angabe* | Deutsche Gesellschaft für Ernährung (2008) / Evidenzbasierte Leitlinie: „Fettzufuhr und Prävention ausgewählter ernährungsmitbedingter Krankheiten", 2. Version (2015) | Ströhle, A., Wolters, M., Hahn, A. (2004) | Pittler, M. H., Ernst, E. (2004/2005) | Egras, A. M. *et al.* (2011) | Saper, R. B. *et al.* (2004) | Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults - NHMRC AUS (2003) | Dulloo, A.G. (2011) | Manore, M. M. (2012) | Jeukendrup A. E., Randell R. (2011) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Ackerschachtelhalm (*Equisetum arvense, Horsetail*, Zinnkraut)** | Pflanze | erhöhte Wasser-ausscheidung | | **2:** traditionally used to favorise weight-control when appropriate diet / Usually known for its contribution to normal urinary elimination functions<br>(EFSA Journal 2010;8(10):1742) | **3** | Diuretika allgemein: Körperfettmasse wird nicht beeinflusst. Störungen im Elektrolyt-und Wasserhaushalt. Zur Adipositasbehandlung nicht geeignet. | | | | | | | | |
| **Agar-Agar (*Garcilaria lichenoides*)** | Quellstoff | Sättigung | | **5:** provides a pleasant feeling of satiety<br>(EFSA-Q-2010-00362) | **3** | | | | | | | | | |
| **Alginate/ Natrium-Alginat** | Quellstoff | Sättigung; Verzögerung der Magenentleerung; Blutzuckerregulation | | **2**: Alginate forms a gel in the stomach and promotes an immediate feeling of satiety<br>(EFSA Journal 2011;9(6):2246)<br><br>**2:** Alginate can reduce the activity of digestive enzymes and reduce glucose absorption<br>(EFSA Jorunal 2011;9(6):2261) | **2:** helps manage appetite and hunger: contributes to reduce the appetite / can help in the management of weight control/ promotes the feeling of fullness and satiety/ helps to feel full sooner / helps to stay full longer / assists weight management / helps to reduce the appetite and inhibits conversion of carbohydrates to fats / helps maintain a healthy level of appetite<br><br>**2:** helps manage blood glucose levels: reduces heightened glycaemic index / blunts glucose elevation / reduces glycaemic load of a meal / helps maintain a normal blood glucose level as part of a healthly lifestyle / contributes to normal glucose metabolism / helps control blood glucose levels / supports maintenance of normal glucose levels | Keine Änderung des Ernährungsverhaltens. Trotz mechanisch erzeugter Sättigung können energiedichte Lebensmittel verzehrt werden, Gewichtsreduktion bleibt dann aus. | | | | | | | | |
| **Ananas (*Ananas sativus*)/<br><br>Bromelain** | Pflanze/Enzym | | | **2:** (bromelain) slimming (cellulitis draining)<br>(EFSA Journal 2011;9(6):2246) | **2:** Recommended during slimming diet, at the same time of dietary measures. Pineapple is a tropical plant whose stems contain bromelain, a proteolytic enzymatic complex. Bromelain is a proteolytic enzyme with anti-edematous activity which can help to drain tissues with cellulitis. | | | | | | | | | |
| **Apamarga (*Achyranthes aspera*)** | Pflanze | | | **5:** weight (whole plant)<br>(EFSA-Q-2008-4441)<br><br>**5:** Weight balance and appetite (seed)<br>(EFSA-Q-2008-4440) | **3** | | | | | | | | | |
| **Apfelessig** | Säuerungsmittel | | | **2**: (apple cider vinegar) helps control and normalize body weight<br>(EFSA Journal 2011;9(6):2246) | **2:** helps control and normalize body weight | | keinerlei wissenschaftlich belegter Hinweis | | | Product efficacy uncertain, apple cider vinegar have not been studied for weight loss | | | | |
| **Arginin, L-** | Aminosäure | Zunahme der Muskelmasse; Stimulation der Sekretion von Wachstumshormon | | **2:** Helps to stimulate the production of Human Growth Hormone; helps in the development of the muscle mass<br>(EFSA Journal 2011;9(4):2051) | **2:** helps the organism to maintain and to recover after prolonged physical effor / helps in muscular atrophy / invigorator of the muscle mass / helps in the harmonious growth and development of the young organisms / helps to stimulate the production of Human Growth Hormone / helps in the development of the muscle mass | | orale Applikation der in handelsüblichen Präparaten enthaltenen Mengen (ca. 1–2 g) hat keinen Einfluss auf die Ausschüttung von Wachstumshormon; keine gewichtsreduzierenden Effekte belegt | | | | | | | |
| **Artischocke (*Cynara scolymus*)** | Pflanze | Fettstoffwechsel | | **5:** weight control, decrease the level of blood lipids, promotes weight loss<br>(EFSA-Q-2010-00348) | **3** | | | | | | | | | |
| **Asphaltum/ Shilajit/ Mumio** | | | | **5:** helps to normalise body weight<br>(EFSA-Q-2008-4690) | **3** | | | | | | | | | |
| **Ballaststoffe, allgemein** | Ballaststoff | Sättigung; Fettabsorption; Blutzuckerregulation | | **2:** satiety, weight management, normal blood glucose concentrations, reduction of postprandial glycaemic response, fat absorption<br>(EFSA Journal 2010; 8(10):1735) | **2:** dietary fibre helps to balance blood glucose level / dietary fibre helps to regulate glucose level / dietary fibre contributes to healthy glucose level / dietary fibre helps to maintain healthy glucose level / foods high in fibre help you to feel full for longer to help maintain your body weight | | | | | | | | (siehe Einzelstoffe) | |
| **Banabablattextrakt (Banaba leaf extract, *Lagerstroemia speciosa*)** | Pflanzenstoff | Blutzuckerregulation | | **5:** contributes to weight management<br>(EFSA-Q-2008-4140), blood glucose control<br>(EFSA-Q-2008-3015) | **3** | | | | | | | | | |
| **Bitterorange (*Citrus aurantium*)** | Pflanze | Fettstoffwechsel | | **5:** contributes to weight management /helps to maintain healthy fat tissue /supports the metabolism of lipids and carbohydrates/favours lipid degradation (EFSA-Q-2008-2759) | **3** | | | | | | | the few small-size short-duration studies that have reported greater weight losses with Citrus aurantium products cannot be considered as conclusive regarding the safety and efficacy | Evidence does not support bitter orange as an effective weight-loss supplement. | |
| **Bohne allg. (*Phaseolus vulgaris*)/<br><br>Bohnenextrakt (Kidney, weiß)/<br><br>Phaseolamin** | Pflanze/ Pflanzenstoff | α-Amylase-Inhibitor | | **2:** (white kidney bean extract) (i) inhibiting pancreatic α-amylase activity in vivo, which would reduce digestion of starch and thereby absorption of dietary complex glycaemic carbohydrates; (ii) delaying gastric emptying; and (iii) reducing feelings of hunger<br>(EFSA Journal 2014;12(7):3754)<br><br>**2:** (Phaseolamin) inhibit α-amylase activity, hindering the conversion of complex carbohydrate to simple sugars, which are stored as reservoir fats if not immediately utilised by the organism; it results in a lower calories intake, contributing to weight loss (EFSA Journal 2011;9(6):2253) | **2:** concentrated bean proteins which contributes to weight reduction<br><br>**2:** (Phaseolamin) reduction in body weight | | | | | | | | Paseolamin: Little research to support the efficacy of this product, more research is needed before a making a recommendation | Phaseolamin: Active ingredient with respect to the fat metabolism is believed to be fucoxanthin. |
| **Brennessel (*Urtica diodia, Urtica urens*)** | Pflanze | erhöhte Wasser-ausscheidung | | **2:** used to enhance the renal elimination of water<br>(EFSA Journal 2010;8(10):1742) | **3** | Diuretika allgemein: Körperfettmasse wird nicht beeinflusst. Störungen im Elektrolyt-und Wasserhaushalt. Zur Adipositasbehandlung nicht geeignet. | | | | | | | | |
| **Bromelain siehe Ananas** | Pflanzenstoff | | | | | | | | | | | | | |
| **Calcium** | Mineralstoff | Fettstoffwechsel | | **2:** increase in fat oxidation, inhibition of lipogenesis, and/or an increased fat excretion<br>(EFSA Journal 2010; 8(10):1725) | **2:** calcium helps manage your weight / calcium contributes to weight control / calcium modulates energy metabolism / calcium naturally present in dairy products is important for weight management / dairy calcium has been shown to stimulate lipolysis / consumption of dairy calcium aids weight loss / dairy calcium modulates fat metabolism / dairy calcium helps promote fat loss | systematische Reviews zeigen keinen Zusammenhang zwischen der Aufnahme von Calcium (aus Supplementen oder Milchprodukten) und einer Gewichtsreduktion | | | | | long-term effects of dietary dietary calcium are not known and need to be determined in studies | Studies therefore do not lend support to the hypothesis that dietary calcium per se plays a role in human energy balance through calciumcontrolled pathways in adipose tissue or through enhanced thermogenesis. The role of minerals and vitamins on EE and substrate oxidation deserves further evaluation. | may only be beneficial for those who typically concume a low-Ca diet | |

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| **Capsaicin (Capsicum Extrakt)** | Pflanzenstoff | erhöhte Thermogenese; erhöhte Fett- und Kohlenhydrat-verbrennung | | **2:** enhancing thermogenesis, increasing energy expenditure and enhancing loss of calories, required for fat oxidation and burns fat, leading to loss in body weight, required for reducing caloric intake - required for stimulating carbohydrate oxidation and burning carbohydrates<br>(EFSA Journal 2011;9(6):2210) | **3** | | | | | | proposed effects of capsaicin in weight loss are through reduced energy intake and increased energy expenditure; there is no evidence that capsaicin exerts a thermogenic effect if ingested as a supplement rather than as a whole food, and there are no long-term controlled studies demonstrating the effects of capsaicin on weight loss | Ingredients of pungency spices, namely the capsainoids contribute to their thermogenic, lipolytic and fat oxidising properties. Capsinoids enhance fat oxidation und reduce abdominal fat in overweight individuals | | |
| ***Caralluma fimbriata* - Extrakt** | Pflanzenstoff | Reduzierung des Leptinlevels; Appetitregulation | | **2:** (Slimaluma®) blocking the growth of pre-adipocytes and reducing the level of leptin<br>(EFSA Journal 2010;8(5):1602-1606)<br><br>**2:** (Caralluma fimbriata) reduction in waist circumference, reduction of body weight, reduction of appetite<br>(EFSA Journal 2011;9(6):2203) | **2:** (Slimaluma®) ethanol-water extract of Caralluma fimbriata and reduction in waist circumference / reduction of body fat / reduction of body weight / reduction of caloric intake / controll of hunger and appetite (VO (EU) Nr. 432/2012)<br><br>**2:** (Caralluma fimbriata) natures solution to help to reduce your waist size / help to reduce your appetite as part of a healthy lifestyle / help to reduce your body weight | | | | | | | | | |
| **Carnitin, L-** | Aminosäure | erhöhte Fettverbrennung; Energiestoffwechsel | vereinzelt gastrointestinale Beschwerden, insbesondere Diarrhö (Ströhle et al., 2004) | **2:** helps burning fats / accelerate the fats metabolism<br>(EFSA Journal 2011;9(6):2212)<br><br>**2:** (in combination with fructose) accelerate fats metabolism<br>(EFSA Jorunal 2011;9(6):2246) | **2:** makes energy metabolism more effective / protects cell energy metabolism /reduces changes in energy metabolism caused by ageing / accelerate the fatty acid import into mitochondria, which leads to a faster oxidation / favoring an efficient weight decrease as well as increasing of effort resistance<br><br>**2:** (in combination with fructose) helps burning fats / accelerate the fats metabolism / increase physical performances and effort resistance | | These, wonach die zusätzliche Einnahme von L-Carnitin den Fettsäuretransport in die Mitochondrien erhöht, die Fettsäureoxidation steigert und den Abbau von Körperfettdepots beschleunigen soll.<br>Postuliert wird auch, dass hierdurch die Einlagerung weiterer Triglyceride gehemmt wird.<br>Zusammenfassend kommt L-Carnitin keine eigenständige Eigenschaft als »Fat-burner« und »Schlankheitsmittel« zu | | | Product efficacy uncertain; no trials demonstrate that L-carnitine is effective for weight loss | no studies that support the use of L-carnitine for long-term weight loss | | no current evidence to show clinically significant weight loss. | While it is possible that carnitine may be elevated and may have some effects on fat metabolism after several months of ingesting carnitine in combination with a relatively large amount of carbohydrate, it is too early to draw any conclusions.<br>Potentially for athletes who have very high energy expenditures anyway and consume carnitine with their meals or energy drinks, it may be possible to raise muscle carnitine concentrations. Overall, however, the practical implications of this are currently unclear and there is not enough evidence to recommend carnitine for weight loss or to increase fat oxidation. |
| **Cascara (-rinde) (*Rhamnus purshiana syn. Frangula purshiana syn. Rhamnus frangula*)** | Pflanze | Abführmittel | Dehydratation, Elektrolytverschiebungen (Saper, 2004) | **6** | **3** | Von einer Verwendung von Laxanzien zur Gewichtsreduktion ist grundsätzlich abzuraten | | | | Cascara (Rhamnus purshiana) acts as a laxative.This herb hasn't been studied specifically for weight loss in humans. Regarding safety, long-term use of these supplements theoretically could cause adverse effects similar to those of conventional diuretics and laxatives (e.g. dehydration, electrolyte abnormalities) | | | | |
| **Cayennepfeffer (*Capsicum annuum*)**<br><br>**siehe Capsaicin** | Pflanze | erhöhte Thermogenese; erhöhte Fett- und Kohlenhydrat-verbrennung | | | | | | | | | | | Bewertung siehe Capsainicide, Capsinoide | |
| **Chia-Samen (*Salvia hispanica*)** | Pflanze | | | **6** | **3** | | | | there is limited data to suggest the use of chia seeds for weight loss | | | | | |
| **Chitosan (Polyglucosamin/ Poly-D-Glucosamin/ Poliglusam)** | Polyamino-saccharid aus Chitin von Schalen von Crustacea | Reduktion der Fettabsorprtion | gastrointestinale Nebenwirkungen - Verstopfung, Blähungen (Pittler 2005, Egras 2011) | **2:** binding to negatively charged lipids and hence reducing their gastro-intestinal uptake<br>(EFSA Journal 2011;9(6):2214) | **2:** Contributes to management of weight control / can help in the reduction of body weight / can help to the control of weight by reducing the quantity of fat absorbed from the diet | nicht nachweisbarer Einfluss auf die Fettabsorption; bei nicht-restriktiven Kostformen kein Einfluss auf das Körpergewicht | Fettausscheidung wird nicht erhöht; kein Nachweis gewichtsreduzierender Effekte | the evidence available in the literature indicates that there is considerable doubt that chitosan is effective for reducing body weight in humans. | Based on the above studies, it appears as though chitosan may be effective to help aid weight loss. Because of limited data thus far, chitosan cannot be recommended at this time. | likely ineffective for weight loss | no effect of chitosan was found when there was no planned reduction in food intake. | | supportive evidence is minimal, Chitosan is unlikely to produce clinically significant weight loss | |
| **Chrom/Chrompicolinat (Chromium picolinat)** | Spurenelement | Fettstoffwechsel; Kohlenhydrat-stoffwechsel | Chrompicolinat: There are theoretical concerns that this form of chromium could generate free-radical damage (Saper, 2004) | **2:** promotes carbohydrates catabolism by potentiating insulin action and thereby influencing carbohydrates metabolism, promotes fat catabolism by potentiating insulin action and thereby influencing lipid metabolism<br>(EFSA Journal 2010; 8(10):1732) | **2:** Promotes carbohydrates catabolism / promotes lipid catabolism / helping in body weight maintaining. | | Keine Wirkung auf Körperzusammensetzung feststellbar. Nur geringe Wirkung auf eine Gewichtsreduktion. Insgesamt zeigen die Daten, dass chromhaltige Präparate keine wirkungsvollen »Schlankheitsprodukte« darstellen. | the observed effect with chromium picolinate is, although statistically significant, not clinically meaningful; interpreted with caution due to the lack of robustness of the effect, which is largely dependent on a single trial | | Because of the lack of large, well-designed studies, the efficacy of chromium for weight loss and its long-term safety profile remain uncertain | On the basis of current evidence there is little theoretical or practical support for using chromium supplements to assist with weight loss | | supportive evidence is minimal, Chromium picolinate is unlikely to produce clinically significant changes in body composition or weight loss (< 1 kg) | The majority of the studies show that chromium supplements are not effective in increasing lean body mass. Based upon laboratory studies of cultured cells, chromium picolinate was suggested to accumulate in cells and cause chromosome damage . Although this finding has not been confirmed in human studies , caution must be exercised in the use of chromium supplements. |
| **Cissus quadrangularis** | Pflanze | Reduktion der Fett- und Kohlenhydrat-absorption | | **5:** Inhibition of dietary fat and sugar absorption<br>(EFSA-Q-2008-4730) | **3** | | | | | | | | | |
| **CLA (Konjugierte Linolsäure-isomere)** | Fette | erhöhte Fettverbrennung; reduzierte Fettspeicherung; Sättigung | | **2**: influences the fat metabolism speed, helps to reduce the amount of fat you store after eating - influence contribution to the maintenace or achievement of a normal body weight, increase in lean body mass<br>(EFSA Journal 2010; 8(10):1794)<br><br>**5:** contributes to a reduction in body fat mass<br>(EFSA-Q-2014-00580) | **2:** helps to control fat metabolism / influences lipid metabolism and storage / reduces body fat percentage / helps to reduce body fat mass while increasing lean body mass, to reduce the amount of fat you store after eating, to reduce your abdominal fat mass and thighs / helps to improve your body shape, to increase lean body mass, to reduce SAD (sagittal abdominal diameter) / helps reduce weight gain, to prevent the yoyo-effect after a diet / helps to reduce muscle protein loss during a diet / helps to increase feelings of fullness and satiety | Für eine [...] Abnahme der Körperfettmasse durch eine kurzfristige Supplementation mit CLA ist die Evidenz überzeugend.<br>- Für eine primäre Prävention der Adipositas durch eine längerfristige Ernährung mit einem erhöhten Anteil von CLA ist die Evidenz unzureichend. | Ergebnisse wenig eindeutig. Positver Effekt bei Isomeren cis-9-trans-11 und trans-10-cis-12. Positive Resultate bei > 3,4 g CLA/d. Stoff der Einfluss auf Körperzusammensetzung nimmt. | | 1) Overall, it appears as though that CLA helps to reduce body fat mass and sagittal abdominal diameter in patients, but minimal effect on BMI or body weight. In addition, CLA may be beneficial in helping to maintain changes in body composition such as reductions in body fat mass. Nebenwirkungen: milde gastrointestinale Effekte<br><br>**Conclusion:** .... While there are several dietary supplements being marketed for the use in weight loss via several different mechanisms of action, there is very little clinical evidence to support their use. Conjugated linoleic acid, pyruvate, and Irvingia gabonensis have shown some potential benefit for weight loss. However, more data is necessary to draw any definitive conclusions on the use of dietary supplements for weight loss. | | | | effect in animals have not been clearly duplicated in humans | It has been suggested that CLA can act as an anti-obesity agent through its ability to decrease energy and food intake, decrease lipogenesis and increase energy expenditure, lipolysis and fat oxidation. In conclusion, it would appear that the majority of information with regards to the effects of CLA on altering body weight and composition has been gained from experiments on animals. In human studies, modest fat loss may be achieved through long-term supplementation of ~3 g d-1 CLA. Future studies should also address the safety issues. |
| **Coffein**<br>**siehe Kaffee/Koffein** | | | | | | | | | | | | | | |
| **Cyclodextrin, alpha-** | Ballaststoff, löslich | Fettstoffwechsel; Blutzuckerregulation | | **1:** reduction of post-prandial glycaemic responses (EFSA Journal 2012; 10(6):2713), (EFSA Journal 2010;8(2):1479)<br><br>**2:** reduce body fat mass (EFSA Journal 2010;8(2):1479) | **1:** consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal (VO(EU) Nr. 536/2013)<br><br>**2:** helps to control/reduce body fat mass / helps to control blood fat levels and body fat storage | | | | | | | | | |

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| **Damiana (*Turnera diffusa*)** | Pflanze | Magenentleerung | | **5:** contributes to weight management by modulating gastric emptying<br>(EFSA-Q-2008-4355) | **3** | | | | | | | | | |
| **DHA (Docosahexaensäure)** | n-3 Fettsäure | erhöhte Fettverbrennung; erhöhte Thermogenese; Fettstoffwechsel | | **2:** DHA either alone or in combination with EPA: thermogenesis, lipid profile, fat oxidation, and adipocyte proliferation/differentiation; molecular effects (e.g. gene expression) of long-chain n-3 polyunsaturated fatty acids<br>(EFSA Journal 2010; 8(10);1734) | **2:** helps to control body weight when combined with a healthy diet and exercise / fits in a weight maintainance programme / contributes to the reduction of body fat / helps to control fat metabolism | | | | | | | | | |
| **Diacylglycerol (DAG)** | Fettsäureester | | | **2:** helps in the management of body weight through weight loss, DAG as a replacement of TAG oils (Triacylglycerol)<br>(EFSA Journal 2011;9(12):2469) | **2:** substituting your usual vegetable oil with DAG oil helps in the management of body weight through weight loss<br>(VO(EU) Nr. 1017/2013) | | | | | | | | | |
| ***Ephedra sinical* Ma Huang/**<br><br>**Ephedrin** | Pflanze/ Pflanzenstoff | erhöhter Energieverbrauch | Verordnung (EU) 2015/403 verbietet die Verwendung von "Ephedrakraut und Zubereitungen daraus, die aus Ephedra-Arten gewonnen werden" in Lebensmitteln und bestimmt die Aufnahme des Stoffes in Anhang III Teil A der Verordnung (EG) Nr. 1925/2006 | **5:** Ephedrine alkaloids may help support weight loss<br>(EFSA-Q-2008-4761) | **3** | | Als wirksam erwiesen sich die Kombination von Coffein mit Ephedrin, die zu einer Gewichtsreduktion führte | E. sinica and ephedrine promote a modest short-term weight loss of 0.9 kg/mo more than does placebo | | Ephedra alkaloids commonly are combined with caffeine or botanical sources of caffeine (e.g., guarana, yerba maté) for weight loss. Although ephedra-caffeine combinations<br>may be effective for modest weight loss, safety issues motivated the FDA to ban their sale in April 2004 | Although caffeine and ephedrine do appear to have a weight loss effect, the side effects of this combination appear to make it unsuitable for general use. | a few short-term small-size clinical trials reporting weight loss efficacy and relative safety of herbal preparations of ephedra and guarana or kola nuts<br><br>sympathomimetic properties with significant stimulatory effects on resting Energy Expenditure; a combination of ephedrine and caffeine resulted in greater fat losses than either ephedrine or caffeine alone in women on a hypocaloric diet | effective combined with caffeine, but effect is only a small increase in weight loss | |
| **Epigallocatechingallat (EGCG/Grüntee-Extrakt)**<br><br>**siehe Tee** | Pflanzenstoff | erhöhte Fettverbrennung; erhöhte Thermogenese | | | | | | | | | | | | |
| **Esche, gemeine; Blätter (*Fraxinus excelsior*)** | Pflanze | | | **2:** traditionally used to facilitate the weight loss in addition to dietetic measures<br>(EFSA Journal 2009;7(9):1291) | **3** | | | | | | | | | |
| **Feigendistelkaktus (*Opuntia ficus indicus*) Nopalkaktus** | Pflanze | Absorption von Fett und Zucker; Appetitregulation; Blutzuckerregulation | | **5:** supports slimming. Absorbs fat and sugar. Helps to control glucose level. Control/decrease appetite. Contributes to fat metabolism, which helps weight control. Helps in weight control programs by reducing appetite and calorie intake<br>(EFSA-Q-2008-3466) | **3** | | | | | | | | | |
| **Formuladiäten** | Mahlzeitenersatz | Kalorienrestriktion | | **1:** safe, effective & healthy weight loss; greater weight loss than with conventional calorie counting in substitution of regular meals in the context of energy restricted diets and reduction in body weight<br>(EFSA Journal 2010;8(2):1466) | **1:** substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss<br><br>**1:** substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss (VO (EU) Nr. 432/2012) | Bei Ersatz einzelner Mahlzeiten und bei ausschließlicher Ernährung ist Gewichtsverlust möglich. Maßnahme mit Bewegungssteigerung begleiten. Nach 12 Wochen Umstellung auf mäßig hypokalorische Mischkost. Gesamtenergiemenge unter 800 kcal nur ab BMI 30. | | | | | | | | | |
| **Forskolin (Extrakt von *Coleus Forskholii*)** | Pflanzenstoff | Fettstoffwechsel | | **5:** helps to regulate fat destorage, contributes to body weight management, regulate fat metabolism<br>(EFSA-Q-2008-2981) | **3** | | | | | | | Forskolin enhances cAMP formation through stimulation of adenylate cyclase; often as mixtures of Ma Huang (a source of ephedra alkaloids), Guarana or kola nuts (sources of caffeine), bark of willow (source of salicylates), and Coleus Forskohlii | | So although there is a theory that is promising, there is only one study at the present time and more work is required before forskolin can be recommended as a fat metabolism enhancing substance. |
| **Fucoxanthin**<br>**siehe Braunalge** | Braunalge/ Algenextrakt | | | | | | | | | | | | | |
| ***Garcinia cambogia* (Common name: Carcinia gummi-gutta, gummi-gutta gum, brindleberry, Malabar, tamarind)/**<br><br>**Hydroxycitronensäure (HCA)** | Pflanze | Inhibitor der ATP-Citratlyase; Hemmung der Lipogenese; Appetitregulation | Headache, upper respiratory tract symptoms, gastrointestinal symptoms, stomach pain (Pittler, 2005) | **5:** supresses the lipogenesis and their accumulating in the body; reduce sense of hunger and appetite, helps to keep normal sugar and fat level in blood, contributes to reduce fat storage<br>(EFSA-Q-2008-3384/-3376/-2790) | **3** | | Insgesamt existieren keine ausreichenden wissenschaftlichen Belege, die für eine gewichtsreduzierende Wirkung von (–)-Hydroxycitrat sprechen. | Overall, the evidence for Garcinia cambogia is encouraging and further independent studies are needed. | Hydroxycitric acid (HCA) is the active ingredient found in the fruit of the Garcinia cambogia plant. The data that is available does not demonstrate significant weight loss. Therefore, Garcinia cambogia or HCA is not recommended at this time. | Although HCA appears to be well tolerated, the evidence for efficacy currently is contradictory. | Inhibits lipogenesis from CHO; reduces appetite through gluconeogenesis; There is thus no convincing evidence supporting the use of brindleberry for weight loss | Studies...in which HCA was administered togehter with other ingredients, so that the anti-obesity efficacy of HCA per se cannot be evaluated. A RCT lasting for 3 months found no difference in body weight nor body fat losses in subjects receiving the active herbal compound containing HCA (1500mg/day) compared to placebo. | | |
| **Ginseng (*Panax Ginseng*)** | Pflanze | Blutzuckerregulation | | **5:** Help to maintain a normal blood glucose level as part of a healthy lifestyle /Contributes to normal glucose level<br>(EFSA-Q-2008-4587/-4392) | **3** | | | | | Although preliminary data suggests that ginseng (Panax ginseng) may improve glucose tolerance, no RCTs in humans have shown greater weight loss with ginseng compared with placebo. | | | | |
| **Ginseng, sibirischer (*Eleutherococcus senticosus*)** | Pflanze | Blutzuckerregulation | | **2**: contributes to maintain a healthy blood suger level<br>(EFSA Journal 2010;8(2):1490) | **3** | | | | | | | | | |
| **Glaubersalz** | Natriumsulfat | Abführmittel (salinisch) | | **6** | **3** | Chronische Gabe von Laxantien: Störungen im Elektrolyt-und Wasserhaushalt. Von Verwendung von Laxantien zur Gewichtsreduktion ist abzuraten. | | | | | | | | |
| **Glucan, beta-Glucan**<br><br>**(aus Hafer- und Gerstekleie)** | Ballaststoff, löslich | Sättigung; Blutzuckerregulation | | **1:** reduction of post-prandial glycaemic responses<br><br>**2**: increase in satiety, prolongs satiety, leading to a reduction in energy intake<br>(EFSA Journal 2011;9(6):2207)<br><br>**2:** oat and barley grain fibre: long-lasting sense of satiety<br>(EFSA Journal 2009;7(9):1254) | **1:** consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal (VO(EU) Nr. 432/2012)<br><br>**2:** consuming oats beta-glucan increases satiety / consuming oats beta-glucan prolongs the feeling of satiety | | | | | | | | a high-fiber diet may contribute to small increases in weight (1-2 kg). Newer water-holding fibers are being developed which may be more effective for weight loss or maintenance | |
| **Glucomannan/ Konjakmannan** | Ballaststoff, löslich | Sättigung | | **1:** Glucomannan is a soluble-type of fibre which forms a viscous, gel-like mass in the stomach when hydrated, and that this "mass effect" could delay gastric emptying and induce satiety leading to a decrease in subsequent energy intake. Glucomannan in the context of an energy restricted diet contributes to weight loss<br>(EFSA Journal 2010;8(10):1798) | **1:** in the context of an energy restricted diet contributes to weight loss (VO(EU) Nr. 432/2012) | | | Glucomannan is a component of konjac root, derived from Amorphophallus konjac. Significantly larger weight loss in the treatment group compared with placebo. | | Three RCTs suggest that glucomannan in dosages of 3 to 4 g per day may be well tolerated and yield modest weight loss. However, these trials were small (n = 20 to 50) and had methodologic limitations. | | | a high-fiber diet may contribute to small increases in weight (1-2 kg). Newer water-holding fibers are being developed, which may be more effective for weight loss or maintenance | |
| **Glycerin** | Gleitmittel | Abführmittel | | **6** | **3** | Chronische Gabe von Laxantien: Störungen Elektrolyt-und Wasserhaushalt. Von Verwendung von Laxantien zur Gewichtsreduktion ist abzuraten. | | | | | | | | |

| Stoff | Stoffkategorie | diskutierter Wirkmechanismus (proposed action) | beschriebene Nebenwirkung | EFSA-Beurteilung<br>*1 = Ursache-Wirkungsbeziehung belegt*<br>*2 = Ursache-Wirkungsbeziehung nicht belegt*<br>*3 = Substanz ist nicht ausreichend charakterisiert*<br>*4 = Wirkaussage ist nicht ausreichend charakterisiert*<br>*5 = noch nicht beurteilt (under consideration)*<br>*6 = bisher kein Eintrag zu Gewichtsmanagment* | EU-Kommission Gemeinschaftsregister<br>*1 = authorised - zugelassen*<br>*2 = non authorised - nicht zugelassen*<br>*3 = bisher keine Angabe* | Deutsche Gesellschaft für Ernährung (2008) / Evidenzbasierte Leitlinie: „Fettzufuhr und Prävention ausgewählter ernährungsmitbedingter Krankheiten", 2. Version (2015) | Ströhle, A., Wolters, M., Hahn, A. (2004) | Pittler, M. H., Ernst, E. (2004/2005) | Egras, A. M. *et al.* (2011) | Saper, R. B. *et al.* (2004) | Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults - NHMRC AUS (2003) | Dulloo, A.G. (2011) | Manore, M. M. (2012) | Jeukendrup A. E., Randell R. (2011) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Glycomacropeptide siehe Molkeneiweiß** | Molkeneiweiß | Appetitregulation; Sättigung | | **2:** weight management/satiety<br>(EFSA Journal 2011;9(6):2246) | **2:** recognized for hunger feeling reduction | | | | | | | | | |
| **Grapefruchtextrakt** | Pflanzenstoff | | | **6** | **3** | | | | | | | | | |
| **Guarana (*Paullinia cupana*, Quelle für Koffein)** | Pflanze | erhöhter Energieverbrauch; Fettstoffwechsel | | **5**: weight control and fat metabolism (EFSA-Q-2008-3440)<br><br>**2** (combination of Paullinia cupana Kunth (guarana) and Camellia sinensis (L.) Kuntze (green tea) extracts): Helps to burn fat<br>(EFSA Journal 2012;10(12):3000) | **3** (Guarana)<br><br>**2:** (a combination of Paullinia cupana Kunth (guarana) and Camellia sinensis (L.) Kuntze (green tea) extracts) (VO(EU) Nr. 155/2014) | | Coffein (aus Kaffee, Tee, Guarana, Kakao, Kola, Guarana): keine signifikante Gewichtsreduktion trotz Wirkung auf Thermogenese und Lipolyse | | | | increases metabolic rate, *(caffeine) level of evidence supporting claims | | | |
| **Guar-Bohne (*Cyamopsis tetragonolobus*)/<br><br>Guar gum/<br><br>PHGG (partially hydrolysed Guar Gum)** | Pflanze/ Pflanzenstoff | Sättigung; Blutzuckerregulation | | **3/2:** prevented the increase in hunger and the desire to eat / blood glucose control (EFSA Journal 2009;7(9):1287)<br><br>**2:** (PHGG) changes in appetite ratings (hunger, fullness, satiety, and desire to eat) or also a reduction in subsequent energy intake / contributes to lower the glycaemic response (EFSA Journal 2010;8(2):1465) | **2:** food fibre (Cyamopsis tetragonolobus) creates a sustained feeling of fullness allowing control your body weight / contributes to control of sugar level<br><br>**2:** (PHGG) eating a diet high in fiber can help you control your weight / can help you maintain your weight by helping to curb your cravings / diets rich in soluble fiber may help decrease feelings of hunger | | Guar gum: Nur äußerst geringer Effekt im Hinblick auf erhöhtes Sättigungsgefühl und Verlängerung der Magenverweildauer | Polysaccharidkette aus Galactose und Mannose (Galactomannan), aus Cyamopsis tetragonolobus, Meta-Analyse: verglichen mit Placebo kein Gewichtsverlust | | Meta-Analyse (zu 11 RCTs): guar gum versus placebo for weight loss showed no benefit | A recent meta-analysis suggets that another viscous fibre, guar gum, is also no efficacious for reducing body weight. | | | |
| **Guggul (*Commiphora mukul*)/<br><br>Guggulsterone** | Pflanze/ Pflanzenstoff | Blutzuckerregulation | Diarrhö, Übelkeit (Pittler) | **5:** help to maintain a normal glucose level<br>(EFSA-Q-2010-00341) | 3 | | | Ayurvedische Zubereitung plus 750 mg Triphala guggul: signifikante Gewichts-reduktion (placebokontrollierte Studie am Menschen) | | Guggul (derived from the myrrh tree, Commiphora mukul) ...has not been studied for weight loss | | | | |
| **Gummi arabicum (Acacia gum)** | Quellstoff | Sättigung; Blutzuckerregulation | gastrointestinale Nebenwirkungen (Pittler 2005) | **2:** Reduction of post-prandial glycaemic responses<br>(EFSA Journal: 2010;8(2):1475) | **2:** gum acacia contributes to lower the glycemix response / contribute to control blood glucose and insuline levels / is suitable for diabetics diet / helps to reduce calorie intake | | | | | | | | | |
| ***Gymnema silvestre*** | Pflanze | Appetitregulation; Blutzuckerregulation | | **5:** weight management: helps in weight control programs by reducing appetite and calorie intake/supports normal glucose level in blood/helps maintain a healthy level of appetite<br>(EFSA-Q-2008-4769) | **3** | | | | | | | | | |
| **Himbeere (Raspberry, *Rubus idaeas*)/<br><br>Himbeer-Extrakt** | Pflanze/ Pflanzenstoff | erhöhte Thermogenese; Appetitregulation; Sättigung | | **2**: helps to enhance the thermogenesis production, to control the appetit, supports feeling of fullness after a meal<br>(EFSA Journal 2011;9(6):2246) | **2**: helps to enhance the thermogenesis production, which in turn helps weight control / to control the appetit / naturally supports feeling of fullness after a meal / helps to manage appetit and hunger/ to loose weight / contributes to loose weight / helps in weight control / contributes to body weight management | | | | | | | | | |
| ***Hoodia gordonii*** | Pflanze | Appetitregulation; Sättigung | | **5**: (Hoodia gordonii in Kombination mit anderen Pflanzen) help to control weight by reducing the sense of hunger / increase in the sense of satiety<br>(EFSA-Q-2010-00528/ EFSA-Q-2010-00539) | **3** | | | | | | | | no evidence to support Hoodia as a weight-loss supplement | |
| **Hydroxy-methylbutyrat (HMB), allein oder in Kombination mit alpha-Ketoisocapronsäure** | Metabolit der Aminosäure Leucin; Stoffwechselprodukt | Erhöhung der fettfreien Körpermasse | | **2**: increase in lean body mass<br>(EFSA Journal 2011;9(6):2227) | **2**: help improve body composition / maintenance or increase of lean muscle mass / With proper diet and exercise, support an increase in fat free mass | | | verglichen mit Placebo signifikanter Unterschied bei der Reduktion des Fettanteils und Erhöhung der fettfreien Körpermasse (lean body mass); weitere Studien zur Bestätigung wünschenswert; teilweise Nebenwirkungen berichtet | | | | | | |
| **5-Hydroxy-Tryptophan (5-HTTP)/<br><br>Tryptophan** | Aminosäure | Sättigung; Appetitregulation | | **2:** consumption of 5-hydroxytryptophan and a sustained increase in satiety leading to a reduction in energy intake<br>(EFSA Journal 2011;9(6):2198)<br><br>**2:** (Tryptophan) controll of carbohydrate consumption<br>(EFSA Journal 2011;9(4:2073) | **2:** (5-HTTP) helps to reduce the caloric intake / assists controlling portions and snacking / promotes the syntheses of serotonin, a known satiety factor | | | | | | | | | |
| **Ingwer (*Zingiber officinale*)** | Pflanze | Blutzuckerregulation | | **5:** blood sugar metabolism<br>(EFSA-Q-2008-3600) | **3** | | | | | | | | | |
| **Inositol** | zyklischer, sechswertiger Alkohol | | | **6** | **3** | | | | | | one study claimed that inositol increased lean body mass, but the study was on four males and the results have not been published in peer-reviewed literature. Nor is there any theoretical reason why inositol would be involved in weight loss. | | | |
| **Inulin (aus Topinambur bzw. Zichorie)** | Oligofruktose | Sättigung; Blutzuckerregulation | | **2:** (Topinambur) siehe Jerusalum Artischocke (EFSA Journal 2009,7(9):1292)<br><br>**3**: (Zichorie) inulin-type fructans are not sufficiently characterised in relation to the claimed effects / maintainance of normal blood glucose concentration / satiety (EFSA Journal 2011,9(6):2244) | **2:** (Topinambur) maintenance or achievement of a normal body weight<br><br>**2**: (Zichorie) Inulin/oligofructose help you to feel fuller for longer / foods with inulin/oligofructose curb your hunger feeling / foods with inulin/oligofructose make you feel satisfied | | | | | | | | | |
| ***Irvingia gabonensis* (Früchte)** | Pflanze | Hemmung der Adipogenese durch Down-Regulation des "Peroxisome proliferator-activated receptor gamma" (PPAR-gamma) (Lit) | Kopfschmerzen, Schlafstörungen, Flatulenz (Egras et al) | **6** | **3** | | | | Although the current data looks encouraging, there is limited data on the use if Irvingia gabonensis in weight loss. It appears to be safe and well tolerated. Due to the limited data, Irvingia gabonensis cannot be recommended at this time. | | | | | |
| **Isoflavone** | Pflanzenstoff | östrogene Wirkung; verbesserte Durchblutung | | **6** | **3** | | | | | | Isoflavones...are often included in non-prescription weight-loss formulations. No studies have directly examined isoflavones and weight loss, and there is no sound theoretical suggestion that isoflavones would have any role in weight loss. | ...Dietary supplementation with soy isoflavones has been shown to decrease fat accumulation in several animal models of obesity... | | |
| **Jerusalem-Artischocke (*Helianthus tuberosus*, Blätter)/<br><br>Jerusalum-Artischocke-Extrakt/<br><br>Topinambur** | Pflanze/ Pflanzenstoff | Sättigung; Blutzuckerregulation | | **5:** contribution to weight management (EFSA-Q-210-00365)<br><br>**2:** maintenance or achievement of a normal body weight / source of inulin<br>(EFSA Journal 2009;7(9):1292) | **3** (Pflanze)<br>**2:** (Extrakt) for pancreas health, fat upper body / stabilises sugar metabolism, supports pancreas activity and carbohydrate burning so that the desire for sweets and hunger feelings diminish / a sense of satiety is achieved with smaller meals / Jerusalem artichoke also supports the digestive system so that the stomach is calmed, food is well digested and one obtains a light feeling / inulin together with other Helix Slim substances stabilises insulin secretion in the pancreas. This leads to stabilisation of sugar metabolism, which in turn helps to keep weight under control / Helix Slim brand | | | verglichen mit Placebo signifikante Gewichtsreduktion | | | | | | |
| **Johannisbeere, schwarz (Blätter, *Ribes nigrum*)** | Pflanze | Sättigung | | **2:** contribution to the maintenance or achievement of a normal body weight<br>(EFSA Journal 2011;9(6):2246) | **3** | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Johannisbrot (Carob, *Ceratonica silqua L.)*** | Pflanze | Sättigung | | **5:** contributes to reduce apetite, to limit feeling of hunger and food graving, increase feeling of fullness and satiety (EFSA-Q-2008-3436) | **3** | | | | | | | | | |
| **Johanniskraut (*Hypericum perforatum*)** | Pflanze | Psyche; verbesserte Stimmung | | **5:** mental health, mood (EFSA-Q-2008-4321 / EFSA-Q-2008-4576 / EFSA-Q-2008-4777) | **3** | | | | | Although botanical remedies for depression such as St. John`s wort often are found in weight-loss products, no data support their role in weight loss. | antidepressant; there are no suggestions in the literature (including the herbal literature) that hypericum has any effect on weight loss, nor have there been any studies demonstrating, or attempting to demonstrate, this effect. | | | |
| **Kaffee/<br><br>Koffein** | Pflanze/ Pflanzenstoff | erhöhte Fettverbrennung; erhöhte Thermogenese | Kaffee: Schwitzen, Unruhe, Beschleunigung des Pulses (DGE); Schlaflosigkeit, Tachikardie, Tremor, Herzrhythmusstörungen (Hahn et al)<br><br>Koffein: Bei Mengen, die für eine Wirkung auf das Körpergewicht benötigt würden, kommt es dosisabhängig zu unerwünschten Wirkungen wie Schwitzen, Unruhe oder einer Beschleunigung des Pulses (DGE, 2008); Koffein kann bei vegetativ labilen Personen schon bei geringen Dosierungen zu Schlaflosigkeit, innerer Unruhe, Tachykardie und evtl. Durchfällen führen.In hohen Dosierungen löst Koffein Ruhelosigkeit, Tremor und Herzrhythmusstörungen aus. (Ströhle et al., 2004) | **2** (Koffein)**:** increased fat oxidation leading to a reduction in body fat mass, enhancement of resting metabolic rate and thermogenesis, increase in energy expenditure (EFSA Journal 2011;9(4);2054)<br><br>**2** (EGCG und Koffein): increases burning of calories (EFSA Journal 2011;9(4):2058) | **2:** (Koffein) can increase resting metabolic rate / supports thermogenesis and energy oxidation / contributes to the mobilisation of fat stores<br><br>**2:** increases burning of calories / stimulates your metabolism to burn calories / stimulates your body to enhance the calorie burning process / stimulates your metabolism | Von Koffein ist jedoch nur eine geringe Wirkung auf das Körpergewicht zu erwarten | Koffein (aus Kaffee, Tee, Guarana, Kakao, Kola): keine signifikante Gewichtsreduktion trotz Wirkung auf Thermogenese und Lipolyse | | | | increases metabolic rate, *(caffeine) - level of evidence supporting claims<br><br>caffeine did not result in greater weight loss than diet alone; Although caffeine and ephedrine do appear to have a weight loss effect, the side effects of this combination appear to make it unsuitable for general use. | Increases Energy Expenditure. Obese individuals ingesting 200 mg three times a day (600 mg d-1) in conjunction with a hypocaloric diet lost no more weight than those on placebo. | Little research to support the efficacy of this product for long-term weight loss or maintenance | Caffeine has been shown to increase sympathetic nervous system (SNS) activity, liberating fatty acids from the adipose and/or intramuscular stores. Caffeine has shown to elicit short-term thermogenic effects. (-5.3 5.0 kg) and body fat (-4.3 3.3 kg) reduction compared to placebo. Thus, acute caffeine ingestion has the potential to enhance metabolism, but it may not be potent enough alone to act as a weight loss product if ingested over a longer period of time or in habitually high-caffeine consumers. In summary, in some circumstances caffeine can increase energy expenditure (at rest) or fat oxidation (at rest and during low-intensity exercise), but these effects are less obvious during moderate- to high-intensity exercise. Caffeine on its own has not been shown to be effective in reducing body weight and if caffeine increases fat metabolism, the effects are generally small (<20%). Of course, it cannot be excluded that such changes still have significant practical value. |
| **Kaffeeextrakt, grün (*Coffea caniphora robusta*)** | Pflanze | Reduktion der Glukoseabsorption | | **2:** reducing glucose uptake in the gastrointestinal system/absorbance from the gut (EFSA Journal 2011;9(4):2057) | **2:** as an aid to weight loss and weight control as part of a calorie controlled diet / acts by reducing absorption of sugar (glucose) from the digestive trac | | | | | | | | | |
| **Kamille, echte (*Matricaria recutita*)** | Pflanze | Fettstoffwechsel | | **5:** Promotes a normal metabolism of the lipids (EFSA-Q-2010-00474) | **3** | | | | | | | | | |
| **Kartoffelproteinisolat / Kartoffelextrakt** | Pflanzenstoff | Sättigung; Verzögerung der Magenentleerung; Blutzuckerregulation | | **2:** (Proteinisolat) increases the sense of satiety (EFSA Journal 2011;9(6):2246)<br><br>**2:** (Kartoffelextrakt) effects on food intake, gastric emptying, and post-prandial plasma blood glucose and cholecystokinin concentrations (EFSA Journal 2013; 11(2):3083) | **2:** (Proteinisolat) increases the sense of satiety / elicit satiety / reduces appetite / supports weight control<br><br>**2:** (Kartoffelextrakt) contributes to the reduction of body weigth in overweight individuals (VO(EU) Nr. 175/2014) | | | | | | | | | |
| **Kelp (*Fucus vesiculosus*)** | Braunalge | Erhöhung der Stoffwechselaktivität durch erhöhte Aktivität der Schilddrüse (Lit); Sättigung | Gesundheitliche Risiken durch zu hohen Jodgehalt in Algen. Akt. Stellungnahme Nr. 026/2007 des BfR 2004 | **5:** helps to increase satiety / helps to a normal laxative function by increasing fiber (EFSA-Q-2008-4431) | **3** | | | | | | increases metabolic rate through increased acitivity of thyroid gland, no scientific evidence supporting claims | | | |
| **Kiwi (*Actinidia chinensis var. deliciosa*) /<br><br>Kiwi-Enzym** | Pflanze/Enzyme | erhöhte Fettverbrennung | | **6** | **3** | Kiwi-Enzym: Keine Wirkung auf Fettverbrennung oder Gewichtsreduktion | | | | | | | | |
| **Knotentang (*Ascophyllum nodosum*)** | Braunalge | verringerte Fettabsorption | Gesundheitliche Risiken durch zu hohen Jodgehalt in Algen. Akt. Stellungnahme Nr. 026/2007 des BfR 2004 | **5:** weight control / decreases the fat absorption / contributes to the elimination of fat deposit (EFSA-Q-2008-2959 / EFSA-Q-2008-3490)<br><br>**2:** (sodium alginate from ascophyllum nodosum) siehe Alginate (EFSA Journal 2011;8(6):2261) | | | | | | | | | | |
| **Kohlenhydrate mit niedrigem glykämischen Index** | Nährstoff | Sättigung; Blutzuckerregulation | | **3:** helps you to feel fuller for longer / impact on blood glucose (EFSA Journal 2010;8(2):1491) | **2**: a low GL diet helps to maintain a healthy weight / low GI [carbohydrate] foods help you feel fuller for longer / a low GL diet sustains steady blood sugar levels (Carbohydrates with a low glycaemic load (GL)) | | | | | | | | | |
| **Kola-Nuss (*Cola nitida*)** | Pflanze | erhöhte Fettverbrennung | | **5:** helps to burn off fats (EFSA-Q-2008-3458) | **3** | | | | | | | a few short-term small-size clinical trials reporting weight loss efficacy and relative safety of herbal preparations of ephedra and guarana or kola nuts | | |
| **Kollagen (Matricur)** | Quellstoff | Sättigung (Lit) | | **6** | **3** | Keine Änderung des Ernährungsverhaltens. Trotz mechanisch erzeugter Sättigung können energiedichte Lebensmittel verzehrt werden, Gewichtsreduktion bleibt dann aus | | | | | | | | |
| **Laminaria** | Braunalge | | | **6** | **3** | | | | | product efficiacy uncertain | | | | |
| **Lecithin - Soja** | Phospholipid | erhöhter Fetttransport | | **6** | **3** | | | | | product efficiacy uncertain | Increases fat transport, no scientific evidence supporting claims | | | |
| **Leinsamen (Linum usitatissimum)** | Pflanze | Sättigung; Abführmittel | | **5:** reduce appetite, reduce food intake, contributes to reduce caloric intake (EFSA-Q-2008-3027) | **3** | Von Verwendung zur Gewichtsreduktion ist abzuraten. | | | | | | | | |
| **Löwenzahn (*Taraxacum officinale,* Dandelion)** | Pflanze | erhöhte Wasser-ausscheidung | | **5:** helps maintain normal urinary flow (EFSA-Q-2008-4544) | **3** | Diuretika allgemein: Körperfettmasse wird nicht beeinflusst. Störungen Elektrolyt-und Wasserhaushalt. Zur Adipositasbehandlung nicht geeignet. | | | | product efficiacy uncertain | | | | |
| **Magnesium** | Mineralstoff | Energiestoffwechsel; Blutzuckerregulation | | **1:** supports enery metabolism (EFSA Journal 2009;7(9):1216)<br><br>**2:** carbohydrate metabolism and insulin sensitivity (EFSA Journal 2010;8(10):1807) | **1:** normal energy metabolism (VO(EU) Nr. 432/2012)<br><br>**2:** regulates sugar balance | Keine Wirkung auf Fettverbrennung oder Gewichtsreduktion | | | | | | | | |
| **Mate<br>siehe Yerba-Mate** | Pflanze | | | | | | | | | | | | | |

| Stoff | Stoffkategorie | diskutierter Wirkmechanismus (proposed action) | beschriebene Nebenwirkung | EFSA-Beurteilung<br>*1 = Ursache-Wirkungsbeziehung belegt*<br>*2 = Ursache-Wirkungsbeziehung nicht belegt*<br>*3 = Substanz ist nicht ausreichend charakterisiert*<br>*4 = Wirkaussage ist nicht ausreichend charakterisiert*<br>*5 = noch nicht beurteilt (under consideration)*<br>*6 = bisher kein Eintrag zu Gewichtsmanagment* | EU-Kommission Gemeinschaftsregister<br>*1 = authorised - zugelassen*<br>*2 = non authorised - nicht zugelassen*<br>*3 = bisher keine Angabe* | Deutsche Gesellschaft für Ernährung (2008) / Evidenzbasierte Leitlinie: „Fettzufuhr und Prävention ausgewählter ernährungsmitbedingter Krankheiten", 2. Version (2015) | Ströhle, A., Wolters, M., Hahn, A. (2004) | Pittler, M. H., Ernst, E. (2004/2005) | Egras, A. M. *et al.* (2011) | Saper, R. B. *et al.* (2004) | Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults - NHMRC AUS (2003) | Dulloo, A.G. (2011) | Manore, M. M. (2012) | Jeukendrup A. E., Randell R. (2011) |
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| **MCT-Fette (mittelkettige Fettsäuren)** | Fette | 10% niedrigerer Energiegehalt; höhere Umwandlungsrate in Energie (DGE); erhöhte Thermogenese | | **2:** helps to increase energy expenditure in comparising to the long chain fatty acids by increasing the metabolic rate (EFSA Journal 2011;9(6):2240) | **3:** helps to increase satiety after a meal to increase energy expenditure by increasing metabolic rate / helps with weight loss | In kurzfristigen Studien Körpergewicht und Körperfettmasse gesenkt. Studien haben jedoch methodische Schwächen. Keine Studien über langfristige Wirkungen. Kein geeignetes Mittel, um langfrisitg Gewicht zu verlieren.<br><br>Für eine vorübergehende Abnahme der Körperfettmasse durch eine kurzfristige Supplementation mit MCT ist die Evidenz unzureichend .<br>Für die langfristige Wirksamkeit von MCT bei der primären Prävention der Adipositas ist die Evidenz auf der Basis von Studien mit Energieadjustierung unzureichend. | | | | | | | | |
| **Molkeneiweiß (Wheyprotein)/**<br><br>**Glycomacropeptide (Milkpeptide fraction)** | Eiweiß | erhöhte Thermogenese; erhöhte Fettverbrennung; Sättigung | High protein diets may have longerm detrimental effects, particular on renal functions (Dulloo 2011). | **2:** increase satiety leading to a reduction in energy intake (EFSA Journal 2010;8(10):1818)<br>**2:** (Glycomacropeptide) hunger feeling reduction, increase satiety<br>(EFSA Journal: (2011;9(6):2246)<br>**3:** (partially hydrolysed whey protein isolate) helps to reduce body fat while preserving lean muscle<br>(EFSA Journal 2012;10(11):2949) | **2:** Whey protein promotes satiety / helps maintain lean body mass<br>**2:** Glycomacropeptide: hunger feeling reduction / increase satiety<br>**2:** Trägt zur Reduzierung von Körperfett bei und erhält zugleich die Muskelmasse (VO(EU) Nr. 1066/2013) | | | | | | | To what extend these protein types and specific amino acid supplementation also influences thermogenesis and fat oxidation is not clear | | |
| **Mycoprotein** | Eiweiß | Sättigung | | **2:** reduction in calorie content due to increased satiety (EFSA Journal 2011;9(4):2042) | **2:** mycoprotein satisfies your appetite for longer on fewer calories | | | | | | | | | |
| **Nomame (*Cassia nomame*)** | Pflanzenstoff | Appetitregulation; Blutzuckerregulation | | **5:** contributes to weight management and reduces appetite sense<br>(EFSA-Q-2008-4025)<br><br>**2:** helps the physiological sugars balance<br>(EFSA Journal 2010;8(2):1490) | **3** | | | | | | | | | |
| **Nüsse** | Pflanze | Sättigung | | **2/3:** Gewichtsreduktion durch erhöhte Sättigung durch Proteien und Ballaststoffe (30 g Nüsse/Tag)<br>(EFSA Journal 2011;9(4):2032) | **3:** eating 30g of nuts per day as part of an energy restricted diet helps maintain a healthy weigh | | | | | | | | | |
| **Oligofructose siehe Inulin** | Ballaststoff | Sättigung | | | | | | | | | | | | |
| **Pantothensäure (Vitamin B 5)** | Vitamin | Energiestoffwechsel | | **1:** energy-yielding metabolism<br>(EFSA Journal 2009;7(9):1218) | **1:** contributes to normal energy-yielding metabolism (VO(EU) Nr. 432/2012) | | | | | Product efficacy uncertain (no or few human weight-loss trials) | | | | |
| **Papaya (*Carica papaya*)/**<br><br>**Papaya-Enzyme (Papain / Chymopapain/ Lysozym)** | Pflanze/Enzyme | Fettstoffwechsel; Proteinstoffwechsel | | **5:** (papaya leaf) traditionally know / diuretic and proteolytic activity / reduce body fat (EFSA-Q-2008-3443) | **3** (papaya leaf) | Enzyme: Keine Wirkung auf Fettverbrennung oder Gewichtsreduktion | | | | | | | | |
| **Paprika siehe Capsaicin** | Pflanze | erhöhte Thermogenese; erhöhte Fett- und Kohlenhydrat-verbrennung | | | | | | | | | there is no evidence that capsaicin exerts a thermogenic effect if ingested as a supplement rather than as a whole food, and there are no long-term controlled studies demonstrating the effects of capsaicin on weight loss. | | | |
| **Paraffinum subliquidum** | Öl, schwer resorbierbar | Abführmittel | | **6** | **3** | Chronische Gabe von Laxantien: Störungen im Elektrolyt-und Wasserhaushalt. Von Verwendung von Laxantien zur Gewichtsreduktion ist abzuraten. | | | | | | | | |
| **Pektin** | Ballaststoff, löslich | Sättigung; Blutzuckerregulation | | **1:** reduction of post-prandial glycaemic responses (EFSA Journal 2010;8(10):1747)<br><br>**2:** increase in satiety leading to a reduction in energy intake<br>(EFSA Journal 2010;8(10):1747)<br><br>**2**: (pectin de pommes) fruits pectin helps to manage appetite (satiety-feeling enhancer effect) / fruits pectin takes part in the regulation of the absorption of fat. / lipid control (via fiber)<br>(EFSA Journal 2011;9(6):2203) | **1:** consumption of pectins with a meal contributes to the reduction of the blood glucose rise after that meal (VO(EU) Nr. 432/2012)<br><br>**2**: increase in satiety<br><br>**3** (pectin de pommes) | | Sättigungseffekt wahrscheinlich. Klinische Studien isolierter Ballasstoffe zeigen langfristig keine gewichtsreduzierenden Effekte | | | | increases satiety,<br>*level of evidence supporting claims (in food) | | | |
| **Pfeffer, schwarz (*Piper nigrum*)/**<br><br>**Bioperin/Piperin** | Pflanze/ Pflanzenstoff | Appetitregulation; Sättigung | | **2:** (Piperin in einem gemischten Produkt) helps manage appetite and hunger / piperine increases the bioavailability of the untrapped HCA and enhances satiety.<br>(EFSA Journal 2011;9(6):2246)<br><br>**5:** (piper nigrum fruit) helps in body weight control<br>(EFSA-Q-2008-2842) | **2:** (piperin) helps manage appetite and hunger / inhibits conversion of carbohydrates to fats<br><br>**3** (piper neigrum fruits) | | | | | | | | | |
| **Phaseolamin siehe Bohne/Bohnenextrakt** | Pflanzenstoff | Amylase-Blocker (EFSA) | | | | | | | | | | | | |
| **Psyllium (Flohsamenschalen, *Plantago psyllium, Plantago ovata*)** | Ballaststoff | Sättigung (Lit) | | **6** | **3** | | | Psyllium als aktive Substanz: verglichen mit Placebo kein signifikanter Gewichtsverlust; gute Verträglichkeit | | Product efficacy uncertain (no or few human weight loss- trials) | | | a high-fiber diet may contribute to small increases in weight (1-2 kg). Newer water-holding fibers are being developed, which may be more effective for weight loss or maintenance | |

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| **PUFA (mehrfach ungesättigte Fettsäuren)** | Fettsäuren | erhöhte Thermogenese; verbesserte Körperzusammen-setzung (Lit) | | **6** | **3** | Für eine primäre Prävention der Adipositas durch eine Ernährung mit einem moderaten Anteil von PUFA besteht basierend auf Studien mit Energieadjustierung und einer Biomarkerstudie bei den Frauen eine mögliche Evidenz für eine positive Assoziation, bei den Männern eine mögliche Evidenz für einen fehlenden Zusammenhang.<br>Für einen Zusammenhang des Anteils von n-6 Fettsäuren in der Nahrung mit der primären Prävention der Adipositas ist die Evidenz basierend auf Studien ohne Energieadjustierung und einer Biomarkerstudie unzureichend.<br>Für eine primäre Prävention der Adipositas durch eine Ernährung mit einem erhöhten Anteil von n-3 Fettsäuren ist die Evidenz sowohl bei Studien mit als auch ohne Energieadjustierung und auf der Basis einer Biomarkerstudie unzureichend. | | | | | | Diets enriched with PUFA as linoleic acid and/or α-linoleic acid … may have relevance as functional food ingredients for enhancing thermogenesis and fat oxidation in obesity management. | | |
| **Pyruvat** | Stoffwechselprodukt | erhöhte Fettverbrennung bzw. reduzierte Fettsäuresynthese (Lit) | | **6** | **3** | | keinerlei wissenschaftlich belegter Hinweis | verglichen mit Placebo kein eindeutiger Unterschied bei der Gewichtsreduktion; keine Nebenwirkungen berichtet | 1) In studies published thus far, pyruvate has demonstrated that it may be beneficial for weight loss. In addition, it tends to be well tolerated with minimal adverse effects. … However, the trials conducted so far have had small sample sizes and have only been performed for short periods of time. Although it appears to be safe, there is no data on the long term use of pyruvate.<br><br>**Conclusion:** .... While there are several dietary supplements being marketed for the use in weight loss via several different mechanisms of action, there is very little clinical evidence to support their use. Conjugated linoleic acid, pyruvate, and Irvingia gabonensis have shown some potential benefit for weight loss. However, more data is necessary to draw any definitive conclusions on the use of dietary supplements for weight loss. | Product efficacy uncertain (most or all trials demonstrate weight loss, but small number of trials and subject precludes definitive conclusioins) | There is no theoretical or practical rationale for the weight-loss effectiveness of any of these substances and there are no published data supporting their effectiveness either singly or in combination. | | no data supporting significant weight loss | |
| **Quecke, gemeine (*Agropyron repens*)** | Pflanze | erhöhte Wasser-ausscheidung | | **5:** helps to reduce the appetit (EFSA-Q-2008-2934)<br><br>**2:** traditionally used to favorise weight-control when appropriate diet (EFSA Journal 2010;8(10):1742) | **3** | | | | | | | | | |
| **Rosskastanie - Samen, Blüten, Rinde (*Aesculus hippocastanum*, Horse chestnut)** | Saponine | verbesserte Durchblutung | | **6** | **3** | | | | | | Antioxidant. Benefits circulation by decreasing oedema; increased "flushing", no evidence supporting theoretical rationale in weight loss; no scientific evidence supporting claims | | 0 | |
| **Sandmalve (*Sida cordifolia*/Country mallow)** | Pflanze | erhöhte Wasser-ausscheidung; erhöhte Fettverbrennung | | **4:** erhöhte renale Ausscheidung/urinary function (EFSA Journal 2010;8(10):1742) | **3** | | | | | | | | | |
| **Sojaprotein/ Sojaproteinisolat** | Protein | | | **2:** helps to loose fat mass without losing lean mass. (EFSA Journal 2010;8(10):1812) | **2:** supports in weight loss programs / contributes to body weight control / helps to loose fat mass without losing lean mass / contributes to weight loss without losing muscle mass / helps in fat mass loss while preserving lean mass | | | | | | | | | |
| **Sorbit** | Zuckeralkohol | Abführmittel (osmotisch); Blutzuckerregulation | | **6** (Sorbit)<br><br>**1:** (Polyole) low glycemic properties / reduction of post-prandial glycemic responses (EFSA Journal 2011;9(4):2076)<br><br>**2**: (Polyole) maintainance or achievement of a normal body weight (EFSA Journal 2011;9(6):2229) | **3** (sorbitol)<br><br>**1:** (polyole/sugar replacers/intens sweetners) induces a lower blood glucose rise after their consumption (VO(EU) Nr. 432/2012)<br><br>**3:** (polyole/sugar replacers/intens sweetners) maintainance or achievement of a normal body weight | Chronische Gabe von Laxantien: Störungen im Elektrolyt-und Wasserhaushalt. Von Verwendung von Laxantien zur Gewichtsreduktion ist abzuraten. | | | | | | | | |
| **Spirulina** | Alge | Kohlenhydrat-stoffwechsel; Blutzuckerregulation | | **5:** prevents the breakdown of starch (EFSA-Q-2008-2591)<br><br>**2:** keeps correct sugar level (EFSA Journal 2010;8(2):1490) | **3** | Nutzen wissenschaftlich nicht belegt | | | | Product efficacy absent | | | | |
| **Stärke, resistente** | Pflanzenstoff | Blutzuckerregulation | | **1:** reduction of post prandial glucose responses (EFSA Journal 2011;9(4):2024) | **1:** replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal. (VO(EU) Nr. 432/2012) | | | | | | | | | |
| **Steinklee (*Melilotus officinalis*)** | Pflanze | | | **5:** (Mischprodukt) maintain weight control because of anthraquinone, flavonoides and volatil oil, constituients present in this plants combination (EFSA-Q-2010-00492)<br><br>**5:** digestion | **3** | | | | | | oestrogenic properties; increases circulation; no scientific evidence supporting claims | | | |
| **Süßholzextrakt (*Glycyrrhiza glabra*)** | Pflanzenstoff | erhöhte Fettverbrennung | | **5:** (Mischprodukt) maintain weight control because of anthraquinone, catechins, teophyllines and flavones, constituients present in this plants combination (EFSA-Q-2010-00490) | **3** | | | | | Product efficacy uncertain | | | | |

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| **Synephrin (Extrakt aus Bitterorange, *Citrus aurantium*)** | Pflanzenstoff | erhöhter Energieverbrauch; Fettstoffwechsel | siehe Risikobewertung BfR von 2012: Verstärkte Wirkung auf die Herzfrequenz in Kombination mit Koffein | **6** (Synephrin)<br><br>**5:** (Bitterorange) metabolism of lipids/weight management (s. Citrus aurantium, EFSA-Q-2008-2759)<br><br>**5:** (Gemisch mit Bitterorangenextrakt) enhancing renal elimination / reduction of the available energy from the diet<br>(EFSA-Q-2010-00470) | **3** | | | | | | | | | |
| **Taurin** | Aminosäurederivat | erhöhte Fettverbrennung (Lit); Glukoseabsorption; Blutzuckerregulation (EFSA) | | **2:** energy-yielding metabolism / effect on glucose absorption and metabolism via interactions with the insulin receptor<br>(EFSA Journal 2009;7(9):1260) | **2:** is important for the energy metabolism | | | | | | | | | There is insufficient evidence that taurine has a stimulating effect on fat metabolism, but one wellconducted study suggests that it is warranted to further investigate a role for taurine. |
| **Tee (*Camellia sinensis*)/**<br><br>**Grüner Tee, Schwarzer Tee, Oolong Tee/**<br><br>**Epigallocatechingallat (EGCG/ Grüntee-Extrakt)** | Pflanze/ Pflanzenstoff | erhöhte Fettverbrennung | | **5:** (Grüntee) helps maintain a normal body weight / maintain weight control / helps weight control<br>(EFSA-Q-2010-00491)<br><br>**2:** (consumption of epigallocatechin gallate (EGCG) alone or in combination with caffeine) energy expenditure / fat oxidation / body composition<br>(EFSA 2011;9(4):2058)<br><br>**2:** (Camellia sinensis (L.) Kuntze and catechins (including EGCG) from green tea) increased oxidation of body fat leading to the loss of fat mass and body weigt<br>(EFSA Journal 2010;8(10):1791) | **3** (für Tee oder EGCG alleine)<br><br>**2:** (combination of Paullinia cupana Kunth (guarana) and Camellia sinensis (L.) Kuntze (green tea) extracts) helps to burn fat (VO(EU) Nr. 155/2014) | | Coffein (aus Kaffee, Tee, Guarana, Kakao, Kola, Guarana): keine signifikante Gewichtsreduktion trotz Wirkung auf Thermogenese und Lipolyse | | | In one study, green tea increased fat oxidation and thermogenesis in 10 patients, but the study was not designed to assess weight loss. | | Thermogenic effects and increase of fat oxidation induced weight loss in controlled clinical trials (caffeine and catechins)...A mechanistic model that integrates animal and human data to explain the anti-obesity properties of green tea has recently been proposed... | EGCG: May have small effect on weight loss (< 2 kg) | Green tea has the potential to increase fat metabolism at rest, also during exercise, and may help to lose body fat and body weight. As with caffeine, the effects appear to be relatively small. The underlying mechanisms for the metabolic effects of GTE are incompletely understood and so are the practical implications. |
| **Theobromin/ Kakao (*Theobroma cacao*)** | Pflanzenstoff | Fettstoffwechsel | | **6** (Theobromin)<br><br>**2:** (Cocoa) helps to support lipid degradation / contributes to fat metabolism<br>(EFSA Journal 2009;7(9):1300) | **2:** (Cocoa) support slimming / support in weight loss programs / helps to support lipid degradation / contributes to fat metabolism, which helps weight control | wissenschaftlich nicht belegt | | | | | | | | |
| **Thyroidinum (Thyroidinum 30ch)** | Schilddrüsengewebe von Schaf und Rind /Homöopathikum | | | **6** | **3** | | | vergleichen mit Placebo keine Gewichtsreduktion | | | | | | |
| **Thyrosin, L-** | Aminosäure | Appetitregulation | | **6** | **3** | | | | | | | | | |
| **Topinambur siehe Jerusalem Artischocke (*Helianthus tuberosus*)** | Pflanze | Appetitregulation | | | | | | | | | | | | |
| **Traubenkernextrakt siehe auch Weinrebe** | Pflanze/ Pflanzenstoff | | | ***6*** | **3** | | | | | | Antioxidant; benefits circulation<br>no scientific evidence supporting claims | | | |
| **Tryptophan siehe 5-Hydroxy-Tryptophan** | Aminosäure | Sättigung; Appetitregulation | | | | | | | | | | | | |
| **Wacholder (Juniperus communis)** | Pflanze | Fettstoffwechsel; Kohlenhydrat-stoffwechsel; erhöhte Wasser-ausscheidung; Blutzuckerregulation | | **5:** fat and carbohydrates metabolism<br>(EFSA-Q-2010-00378)<br><br>**2:** contributes to maintain a healthy blood sugar level<br>(EFSA Journal 2010; 8(2):1490)<br><br>**2:** traditionally used to enhance the renal elimination of water / diuretic effect. "The evidence provided does not establish that an increase in renal water elimination potentially leading to a negative fluid balance is a beneficial physiological effect for the general healthy population."<br>(EFSA Journal 2010;8(10):1742) | **3** | | | | | | | | | |
| **Wakame (*Undaria pinnatifidia)*/**<br><br>**Fukoxanthin** | Braunalge/ Algenextrakt | Fettstoffwechsel; Appetitregulation | | **2:** (Undaria pinnatifidia) contributes to fat matabolism, which in turn helps weight control; helps to reduce the appetite<br>(EFSA Journal 2009;7(9):1302)<br><br>**5** (Fukoxanthin) | **3** | | | | | | | | | According to one human studiy 2.4 mg fucoxanthin per day resulted in a significant weight loss compared with placebo after 16 weeks. placebo group also lost a small amount of weight).<br>However, caution must be exercised when interpreting these findings. At least one of the authors is working for the company that holds the patents for fucoxanthin. At this point in time this is the only human study and therefore<br>more studies need to be conducted to confirm any effects of fucoxanthin in humans. |
| **Wassermelone (*Citrullus lunatus*)** | Pflanze | Fettstoffwechsel; Kohlenhydrat-stoffwechsel | | **2**: weight loss management; carbohydrate and lipid metabolism improvement<br>(EFSA Journal 2011;9(6):2246) | **2:** helps to improve carbohydrate and fat metabolism of the body / used to facilitate the weight loss / contribute to body weight management | | | | | | | | | |
| **Weinrebe (*Vitis vinifera*)** | Pflanze | | | **2**: (grape, Vitis vinifera L) maintenance or achievement of a normal body weight<br>(EFSA Journal 2011;9(6):2246)<br><br>**5:** (red vine, Vitis vinifera L.) Weight control/cellulitis<br>(EFSA-Q-2008-3468) | **2:** (grape, Vitis vinifera) support in weight loss / slimming / helps silhouette to become more refined | | | | | | | | | |
| **Weizenkleie** | Ballaststoff | Abführmittel | | **2:** (wheat bran fibre as part of a formula diet) weight controll<br>(EFSA Journal 2010;8(10):1817)<br><br>**1:** (wheat bran fibre) Darmpassage und Stuhlvolumen<br>(EFSA Journal 2010;8(10):1817) | **1:** (wheat bran fibre) reduction in intestinal transit time/ Increase in faecal bulk (VO(EU) Nr. 432/2012) | Von Verwendung zur Gewichtsreduktion ist abzuraten. | | | | | | | | |
| **Wurzelzichorie (*Cichorium intybus L. radix*)** | Pflanze | Sättigung; reduziertes Hungergefühl | | **5**: (in combination with other plants) Help to control weight by reducing the sense of hunger / increase in the sense of satiety<br>(EFSA-Q-2010-00528 / EFSA-Q-2010-00539)<br><br>**5: (**Chicory, Cichorium intybus L.) Slimming aid/ Weigth control<br>(EFSA-Q-2008-3435) | **3** | | | | | | | | | |
| **Xanthan** | Quellstoff | Sättigung | | **2**: (xanthan gum) increased satiety<br>(EFSA Journal 2010;8(2):1481) | **2:** (Xanthan gum) helps to feel full for longer / limit feeling of hunger and food craving / to reduce body weight / apetite control | | | | | | | | | |

| Stoff | Stoffkategorie | diskutierter Wirkmechanismus (proposed action) | beschriebene Nebenwirkung | EFSA-Beurteilung<br>*1 = Ursache-Wirkungsbeziehung belegt*<br>*2 = Ursache-Wirkungsbeziehung nicht belegt*<br>*3 = Substanz ist nicht ausreichend charakterisiert*<br>*4 = Wirkaussage ist nicht ausreichend charakterisiert*<br>*5 = noch nicht beurteilt (under consideration)*<br>*6 = bisher kein Eintrag zu Gewichtsmanagment* | EU-Kommission Gemeinschaftsregister<br>*1 = authorised - zugelassen*<br>*2 = non authorised - nicht zugelassen*<br>*3 = bisher keine Angabe* | Deutsche Gesellschaft für Ernährung (2008) / Evidenzbasierte Leitlinie: „Fettzufuhr und Prävention ausgewählter ernährungsmitbedingter Krankheiten", 2. Version (2015) | Ströhle, A., Wolters, M., Hahn, A. (2004) | Pittler, M. H., Ernst, E. (2004/2005) | Egras, A. M. *et al.* (2011) | Saper, R. B. *et al.* (2004) | Clinical Practice Guidelines for the Management of Overweight and Obesity in Adults - NHMRC AUS (2003) | Dulloo, A.G. (2011) | Manore, M. M. (2012) | Jeukendrup A. E., Randell R. (2011) |
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| **Yerba maté**<br>**(*Ilex paraguariensis*)/**<br><br>**Mate** | Pflanze | erhöhter Energieverbrauch; erhöhte Wasser-ausscheidung | | **5:** Fettabbau / erhöhter Energieverbrauch / erhöhte Wasserausscheidung<br>(EFSA-Q-2008-4640 / EFSA-Q-2008-2803 / EFSA-Q-2008-4126)<br><br>**2:** erhöhte Wasserausscheidung<br>(EFSA Journal 2010;8(10):1742) | **3** | | | Koffein als aktive Substanz, Verlängerung der Magenent-leerungszeit, 1 beschreibende Studie zeigt möglichen Effekt bei der Gewichtsreduktion; keine Nebenwirkungen berichtet | | | | | No documented effectivness for weight loss. | |
| **Yohimbe**<br>**(*Pausinystalia yohimbe*)/**<br><br>**Yohimbin** | Pflanze/ Pflanzenstoff | alpha-2-Rezeptor-Antagonist | Nebenwirkungen werden berichtet (Pittler) / EFSA-Sicherheitsbe-wertung aus 2013 (EFSA Journal 2013;11(7):3302) - durch Verordnung (EU) 2015/403 erfolgte die Aufnahme in Anhang III Teil C der Verordnung (EG) Nr. 1925/2006 (Prüfung durch die Union) | **6** | **3** | | | Yohimbin als aktive Substanz, widersprüchliche Ergebnisse der Studien | | | | | Evidence does not support yohimbe as an effective weight-loss supplement | |