

Rapid release capsules: hydroxycut hardcore

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e. What are the positive qualities of this product?

The product contains a mix of multiple ingredients; some of which are naturally existing while others are pharmaceutically modified products. The product is scientifically researched and multiple human trials have been conducted to authenticate the effectiveness of this product (HYDROXYCUT).

f. What are the negatives of this product?

The product contains caffeine, which although contributes significantly to weight loss, has unfavorable side effects. Moreover, many individuals are unable to tolerate caffeine consumption, who can, therefore, suffer considerably secondary to the use of this product.

g. What is your recommendation for this product? (Would you use it or recommend it to your friends or family?)

In my opinion, since multiple studies have been conducted to evaluate the effectiveness and safety of this product, the use of this product is likely to bestow therapeutic benefit to its consumers. For this reason, it seems appropriate to recommend this product to my friends and family. However, since some individuals are sensitive to some ingredients of this product, it seems appropriate to inform the users about the possible side effects prior to their use of this product.

Answer 2.

Among the various risk factors that are modifiable, yet contributory towards the development of the cardiovascular disease, three factors appear to be playing a role in my life. These include obesity, lack of physical activity, and a stressful lifestyle. Since I am a student, my life mostly revolves around academic activities, which are often effort-extensive in mental terms and are therefore a cause of stressful lifestyle which can contribute to cardiovascular

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disease. Secondly, since I have to spend most of my time reading books and researching things on the internet, I have very little time left to perform physical exercise. This lack of activity can contribute significantly to abnormal lipid levels in the body and ultimately lead to cardiovascular disease (Poirier et al, 2006). Lastly, due to my inactive lifestyle, my weight has increased beyond the normal levels, making myself obese. In my opinion, since all of my problems stem from my habit of living an inactive lifestyle, I strongly feel that if I can overcome this habit, my risk of developing the cardiovascular disease will start to diminish and provide me a better opportunity to live a happy and healthy life. Also important to note is the fact that I should keep a close watch on different indicators of my health like my BMI, weight and Lipid profiles, etc.