

Fat burner supplements



Author's Letter Writing this essay I learned a lot about fat burner supplements. I use to think they were not harmful to my body, but I realize that they are. Before I would walk In to supplement stores and when I would see a fat burner ad on display I would buy it. The ad would get my attention because it would show a muscular and defined body, and that's something I desired as an athlete. Furthermore, the employees would not mention to me the side affects the pills contain, so I was unaware of what I was in aging and putting inside my body.

As time progressed I started to realize that my workouts were not the same without these pills. I also notice my performance In the ring was not the same. Therefore, I felt like I could not perform without these pills because the lack of energy my body did not produce anymore. I would go back to supplement store and purchase more fat burners. After a few months my physic changed, I notice an increased in muscle size and my body was defining, but little did I know the side effects would kick in right after.

Consequently, I started to feel anxiety and my heart rate would Increase for no reason when I was In my comfort mode. My doctor at the time told me I was suffering from anxiety. He prescribed medication, In which I took for a few months before my anxiety started fading. Now, my anxiety is under control, but it's not permanently out of my system; it comes and goes. If I would have known what side effects these pills contained, I would've thought twice before consuming them.

I took the supplement as directed and read warning label, but I was unaware that the symptoms would last a lifetime. I wrote this essay to educate those

who read it about the dangers fat burner supplements produce. In conclusion. At the end of the day it is someone's decision to consume these pills into their system, but if they learn more about these pills history individuals will think twice about purchasing; and maybe they will not consume nor abuse the supplement.