

Yohimbine May Promote Fat Loss

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It's been suggested that pre-exercise yohimbine administration increases lipolysis (breakdown of storage fat) in refractory gynoid fat depots, thus promoting fat loss.¹ A recent study at the Belgrade Sports Medicine Institute investigated the effects of high-dose yohimbine supplementation on body composition and exercise performance in elite soccer players.² Twenty male soccer players were allocated to two randomly assigned groups. The yohimbine group orally ingested 20 milligrams (2 x 10mg) of yohimbine daily for 21 days, while the control group ingested an equal number of identical-looking fake supplements (cellulose pills). Simply put, the results indicated that yohimbine supplementation does not have any effects on muscle mass, strength or exercise performance. However, the percentage of body fat significantly decreased in the yohimbine group compared to the control group (9.3 percent +/- 1.1 vs. 7.1 percent +/- 2.2). Similarly, fat mass was significantly lower in the yohimbine group versus the placebo group (7.1 percent +/- 2.2 vs. 9.2 percent +/- 1.9). The subjects did not report any side effects from the yohimbine supplementation.

In summary, yohimbine supplementation appears to promote fat loss in elite athletes without adverse effects but more research is clearly needed before firm conclusions can be drawn.

NOTE: Don't confuse yohimbine with yohimbe. Yohimbe is an herbal extract containing some yohimbine (normally around 3 percent).

The author of this article has no financial relationship with companies selling fat loss supplements.

References:

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