

The FDA is warning people not to purchase or use supplements marketed under the Rhino name. Due to a recent [Titan Rise Capsules](#) in reported health issues, the US Food and Drug Administration warned on Tuesday against using or purchasing Rhino male enhancement products. Since 2007, the FDA said, it has identified more than 25 Rhino products, some with names such as Platinum Rhino 25000 and Krazy Rhino 25000, that have hidden drug ingredients. The FDA said the products are often sold in single-serving packages at locations such as gas stations and convenience stores, or through online retailers such as eBay and Amazon. Recently, the products have also been found in international mail shipments, the agency said. In an email, eBay spokesman Ryan Moore said, "Product safety is important to eBay and we work hard to ensure our marketplace is free of harmful products. These types of items are prohibited under our policies, and therefore not allowed to be listed on the eBay market place." eBay regularly sweeps the site to remove such items, [Titan Rise Capsules](#) he said. Amazon has not responded to a request for comment. Donald D. Ashley, director of the Office of Compliance at the FDA's Center for Drug Evaluation and Research. For example, some Rhino products contain the same active ingredient as Viagra and Cialis, sildenafil and/or tadalafil, respectively. These undeclared ingredients can lead to "significant safety issues and the risk of serious adverse events," the FDA said. People who experience negative health effects or have issues with the quality or safety of a dietary supplement can report it to the FDA's MedWatch Safety Information program. Products identified by the FDA as having hidden active drug ingredients can be found in the tainted products database. Not all misrepresented products are included in the database, and consumers should still be wary, the FDA noted.

(Image: <https://yewtu.be/vi/AmOJAyUGJb0/maxres.jpg>) But for each gram of glycogen stored, the body retains three grams of water. The result? An increase in stored water and possible water weight gain following your workout. Of course, this post-workout effect doesn't just apply to carbohydrate supplementation. Even carbs that you consume in meals and snacks following your workout will be stored as glycogen with water. This is a normal and healthy process of recovery-so it is not something you should try to avoid. Other supplements can also cause post-workout weight gain. Creatine, a supplement used by many avid exercisers, may cause weight gain by increasing muscle mass or fluid retention. Creatine has been studied extensively throughout the years. Evidence has been mixed regarding its effectiveness, but some early studies indicated that creatine supplementation could increase body mass and total body weight. Research scientists surmised that these increases were due to [increased water](#) retention. More recent studies have investigated creatine's potential to increase muscular strength and muscle mass, with some evidence showing that it may provide a benefit.

However, the mechanism by which it provides this benefit is not fully understood. Refueling with healthy fiber-rich foods may lead to a temporary increase in the scale as it works its way through your body. Fiber aids in water retention in the colon and results in stools that are less dry and easier to evacuate. Insoluble fiber, in particular, is known to increase stool weight. Before the stool is passed, you might notice a slight increase in weight after your workout, but fiber also decreases colonic transit time to encourage bowel movements and is important for gut health. So this is not a nutrient you should avoid. So how much of a difference can it make? In one research study, investigators found that you might [produce](#) 125 to 170 grams of stool per day-or about a half-pound. Plus, a high-fiber diet full of fruits, vegetables, whole grains, beans, and nuts is important to general health has been associated with weight loss in studies, so any slight bump after refueling isn't the whole story.

When you begin a new workout routine, it may affect your appetite and lead you to eat more. For example, a study of previously sedentary individuals who did an eight-week resistance training program found that their appetites increased during the training. However, the research is mixed with other studies suggesting a reduction in appetite or minimal affect. A review found that moderate-intensity exercise tended to delay appetite without any effects on later hunger or food intake.

Although, the authors noted that a large variability exists between individuals. If you find that you're really hungry after a workout, try to drink plenty of water and refuel with nutrient-dense foods that support satiety. If you're getting up earlier to exercise without adjusting your bed time or working out in the evening and then subsequently staying up later, sleep deprivation may be the reason you're gaining weight after working out. Not getting adequate sleep can affect appetite-regulating hormones and can increase appetite and food intake.

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