

Top 5 Fat Burners: How They Work & How to Use Them

Practical ranking of the most effective research compounds for fat loss, with dosing and training pairings

Fat-loss compounds work through different pathways—some increase fat oxidation, some raise metabolic rate, some improve the amount of work you can do in a session. None replace a calorie deficit and consistent training, but the right tool used correctly can accelerate results, protect performance, and make the process more sustainable. Below is a practical ranking of five of the most commonly used options in the enhanced and performance community, with clear guidance on mechanism, dosing, and the type of exercise each pairs with best.

1. Cardarine (GW-501516)

How it works: PPAR δ agonist. Shifts fuel preference toward fatty-acid oxidation, increases mitochondrial activity in muscle, and markedly improves endurance capacity. Non-hormonal and non-suppressive.

Typical dosing: 10–20 mg once daily (often 30–60 min before cardio or training). Cycles of 8–12 weeks are common.

Best used with: Steady-state / Zone 2 cardio, longer metabolic conditioning sessions, and any endurance-biased work. Excellent during a cut or recomp when you want to keep training volume high while leaning out. Stacks cleanly with SARMs or a calorie deficit.

2. Stenabolic (SR9009)

How it works: Rev-Erba agonist. Influences circadian and metabolic gene expression, increases mitochondrial biogenesis, elevates basal energy expenditure, and favors fat utilization. Non-hormonal.

Typical dosing: 20–30 mg total daily, split into 2–3 doses because of the short half-life (~4 hours). Cycles of 6–8 weeks are typical.

Best used with: Any consistent training program; benefits appear even with moderate activity. Pairs especially well with resistance training + daily steps or low-intensity cardio. Useful when you want a metabolic push without stimulants.

3. Clenbuterol

How it works: Long-acting beta-2 agonist. Raises metabolic rate, increases thermogenesis, and can support muscle retention during a deficit. Classic, potent, and well-known.

Typical dosing: Start low (20 mcg) and titrate up to 40–80 mcg (women often stay lower; men may go higher). Common protocol is 2 weeks on / 2 weeks off, or continuous with careful monitoring. Taurine and potassium are frequently added to manage cramps.

Best used with: High-intensity interval training (HIIT), circuit-style metabolic work, and aggressive cutting phases. The stimulant effect pairs naturally with harder, shorter efforts. Less ideal for pure long-duration Zone 2 compared with Cardarine.

4. 5-Amino-1MQ

How it works: NNMT inhibitor. Helps preserve NAD⁺ related pathways in adipose tissue and shifts cellular energetics away from fat storage toward oxidation. Emerging compound with interesting metabolic data.

Typical dosing: 50–150 mg daily (often 100 mg), once per day. Cycles of 8–12 weeks are commonly discussed.

Best used with: Resistance training and a controlled deficit. Works as a background metabolic support rather than an acute performance enhancer. Stacks conceptually well with Cardarine or SR9009 for a multi-pathway approach.

5. Yohimbine HCl

How it works: Alpha-2 adrenergic antagonist. Facilitates the release of fat from stubborn areas (especially lower body and abdominal regions) when insulin is low. Best used in a fasted state.

Typical dosing: 0.1–0.2 mg per kg body weight (commonly 5–15 mg total) taken 30–60 minutes before fasted cardio. Not usually run all day; timed around the session.

Best used with: Fasted low-to-moderate intensity cardio (walking, incline treadmill, steady bike). Less effective in a fed state. Excellent finishing tool for stubborn fat once overall body fat is already reasonably low.

How to Utilise These Effectively

- Create and maintain a moderate calorie deficit—compounds amplify the deficit; they do not replace it.
- Match the compound to the training style: Cardarine for longer aerobic work, Clenbuterol for intense metabolic sessions, Yohimbine for fasted steady-state, SR9009 and 5-Amino-1MQ as daily metabolic support.
- Prioritise protein and progressive resistance training to protect muscle while fat is lost.
- Cycle intelligently and monitor bloodwork (lipids, liver enzymes, heart rate/blood pressure where relevant).
- Stacks are common (e.g., Cardarine + SR9009, or Cardarine + a mild SARM), but start with one compound to assess response.

The best fat burner is the one that fits your training, your recovery capacity, and your risk tolerance. Cardarine remains the most versatile for most people who train hard and want cleaner, endurance-supported fat loss. Use the ranking above as a practical menu, not a rigid hierarchy, and always let diet and training remain the foundation.

Deficit first. Train hard. Choose the tool that multiplies the work.

This article is educational and reflects common practical protocols in the performance and enhanced-athlete community. These compounds are research chemicals or prescription agents not approved for body-composition use in most jurisdictions. Individual responses and risks vary. Medical supervision and bloodwork are strongly recommended.