

Garcinia Cambogia



CLINICAL APPLICATIONS

- Appetite Suppressant
- Weight Loss Supplement
- Fat Blocking Compound

Appetite Suppressant

This product contains 60% HCA (Hydroxycitric Acid) extract. Garcinia Cambogia, also known as tamarind, is a small pumpkin-shaped fruit native to Indonesia. It can also be found in India, Southeast Asia, West and Central Africa. The HCA extract aids in weight loss by helping to block fat and suppress appetite.

Overview

HCA blocks fat by inhibiting Citrate Lyase, a key enzyme that your body needs to make fat from carbohydrates. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted to fats. When HCA inhibits Citrate Lyase, the fat-making process is halted and the production of LDL (bad cholesterol and triglycerides) decrease.

HCA also suppresses appetite by increasing serotonin levels. Serotonin is a neurotransmitter in the brain that makes you feel good. As such it is a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious and actually drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations by over eating. As you eat less, your body releases stored fat in the fat cells.



Many studies have shown promise. One randomized placebo-controlled study followed 60 obese persons for 8 weeks. With a calorie- restricted diet (1200kcal/ day) and an HCA dose of 1320 mg/day, the experimental group lost an average of 14 pounds as compared to 6.1 pounds in the placebo group. The participants also noted a reduced appetite.

Adding this ingredient to meals is considered to be effective in making meals more filling. In some villages in Malaysia, Garcinia Cambogia is used to make a soup that is consumed before meals because of its appetite-blocking abilities.

When looking for a supplement, look for “Garcinia Cambogia” or GCE with at least 50% HCA (active ingredient potassium). Take 500-1000mg before each meal and make sure to take no more than 3000mg total per day. With proper weight loss efforts including diet and exercise, the average person taking HCA lost approximately 4 pounds/month.

