

GARCINIA CAMBOGIA EXTRACT

TRADITIONAL INDICATIONS

1. Overweight / Obesity
2. Improves Metabolism
3. Suppresses Appetite
4. Increases Energy
5. Reduces Stress
6. Lowers Cholesterol
7. Depression
8. Regulates Blood Sugar



Overweight/obesity is generally accepted as a worldwide epidemic with troublesome consequences. While the general public is most distraught with their overall appearance, excess fat accumulation is associated with a number of serious chronic health disturbances including diabetes and atherosclerosis. Whatever the health benefits, lots of individuals are looking for a magic bullet to improve their results on the scale and in front of the mirror.

Use of the Malabar tamarind in cooking in the western coastal cities of India and Sri Lanka has continued for centuries, suggesting that safety should not be an issue, a point confirmed by numerous recent reviews. The fruit is used to create a sour, fruity tang in gravies. Interestingly, where Westerners use sweet fruits to flavor yogurt, Indians often will add a dollop of Malabar tamarind instead. Importantly, in addition to the fact that Malabar tamarind tastes great for these purposes, the fruit also makes food more satisfying, giving an early sense of having had enough to eat (satiety).

Studies in the 1960s and '70s showed that the rind of the Malabar tamarind contains a unique biochemical-hydroxycitric acid (HCA). Studied in well-established research laboratories, this biochemical was found to inhibit an enzyme called ATP citrate lyase. In doing so, HCA blocks the conversion of ingested carbohydrates to fat in the body. The blocked carbohydrates are diverted into energy production and do not accumulate to be stored as fat. As a further benefit, fatty acids that are already in what scientists term the body's "fat pool" continue to be released, and since they are not fully replaced, a shrinkage in the body's overall level of fat results. In short, HCA yields two benefits prized by dieters: it increases the levels of satiety, thus making it easier to eat less, and it reduces the number of calories stored as fat.

Mechanism of Action of Garcinia Cambogia

Animal studies indicate its action is mediated by two pathways. HCA works by blocking lipogenesis or conversion of starches and sugars (Excess of Carbohydrates) into fat that is stored and increases our weight.

This herbal supplement promotes the oxidation of lipids and spares carbohydrates. This action will result in lower blood levels of cholesterol and lipid i.e. a better lipid profile.

The glucose or its stored form glycogen is promoted. As excess of glucose is spared from conversion to fat,

this excess glucose is mediated by gluconeogenesis pathway to form glycogen.

Glycogen signals the brain satiety center that sufficient food has been taken. So glycogen production with this herb further suppresses appetite.

Another of its action is on Central Nervous system. It raises the levels of Serotonin like brain neurotransmitters that has role in regulation of appetite.

This herb promotes thermogenesis process i.e. body's production of heat. This burns more calories and excess of stored fat.

GarciniaCambogia extract is found to increase the mucosal defensive mechanisms in stomach and thereby it is helpful as a protective agent against Gastric ulcers.

DOSAGE and DIRECTIONS



For Adults 18 yrs or above, take one (1) capsule three (3) times daily, preferably with meals.

Please read Healing Crisis for more information.

INGREDIENTS

Supplement Facts		
Serving Size : 2 Capsule (500 mg each)		
Servings per container: 90		
Each Serving contains		%DV
Garcinia Combogia Extract (Garcinia Combogia Fruit) (HCA) (70% Hydroxycitric Acid)	480 mg.	*
Embllica Officinalis	10 mg.	*
Piperine	10 mg.	*
* Daily value (DV) not established.		

HEALING CRISIS



It is well tolerated and no side effects noted. Bulky stools reported when more carbohydrates are taken, as disaccharides cleavage to its mono form is partially blocked. Initial few days mild blotting is rarely reported that disappears in short while.

Side effects: - There are no known side effects.