

# Garcinia Cambogia Supplement

## Product Information :

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Pharmaceutical form :

Category : **Dietary Supplements**

Pack : -

Brand name : -

Content : -

Therapeutic Use : -



## Product Description :

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### Effective Weight Loss Supplement

Garcinia Cambogia supplement is one of the effective weight loss supplement. It comes from a fruit of the same name, sometimes known as Malabar tamarind or Garcinia gummi-gutta. The fruit's active ingredient, Hydroxycitric Acid (HCA), which is believed to be mainly responsible for the fruit's benefits for weight loss, is present in high quantities in the peel.

#### What Is Garcinia Cambogia Supplement?

The garcinia cambogia is a little, pumpkin-shaped fruit that can be yellow or green. Because the fruit is so sour, it is typically employed in cooking rather than eaten raw. Its peel extracts are used to make supplements. High concentrations of hydroxycitric acid (HCA), an active ingredient with possible weight loss benefits, can be found in the fruit's peel. Typically, the supplements have a 20–60% HCA content. However, research suggests that products with 50–60% HCA might be the most advantageous.

#### How it Works?

Hydroxycitric acid, or HCA, is the fruit's active component and appears to inhibit citrate

lyase, an enzyme your body utilizes to produce fat. Additionally, it increases serotonin levels in the brain, which may decrease your desire to eat.

#### **For Diabetes and High Cholesterol**

According to some studies, garcinia cambogia may lower triglycerides and LDL (the "bad" cholesterol), while also increasing HDL (the "good" cholesterol), to enhance cholesterol levels. If you are already taking medication for your cholesterol, you shouldn't use it.

#### **How Does It Help You Lose Weight?**

Garcinia cambogia is believed to promote weight loss in two different methods.

##### **1. Could Decrease Your Appetite**

According to studies, those who take garcinia cambogia supplements typically eat less. It also makes you feel full and lowers appetite. Rat studies indicate that its active component may be able to raise serotonin levels in the brain. Higher blood levels of serotonin, which is known to be an appetite suppressant, may cause you to feel less hungry.

##### **2. May Reduce Belly Fat and Block Fat Production**

Garcinia cambogia affects blood fats and the creation of fresh fatty acids, which is most significant. Studies on both humans and animals suggest that it may lower high blood fat levels and lessen oxidative stress in the body. Additionally, according to study, it might be particularly efficient at preventing the buildup of belly fat in overweight individuals. The primary cause of these effects may be the fact that garcinia cambogia inhibits citrate lyase, an enzyme that is crucial in the creation of fat. It is supposed to reduce or stop the creation of fat in your body by blocking citrate lyase. This could cut your risk of gaining weight and reducing blood fat levels, two important disease risk factors. Garcinia cambogia may also improve your digestive system. According to research done on animals, it may help prevent stomach ulcers and lessen damage to the lining of your digestive tract.

#### **Potential Side Effects**

When you consume garcinia cambogia, you could experience:

- Dizziness
- Mouth dryness
- Headache
- Stomach pain or diarrhea

It is absolutely not advisable to use it if you are pregnant, breastfeeding, have liver issues, or are taking any medications. Manic symptoms could develop as an unwanted side effect.

#### **Garcinia Cambogia Supplement -**

#### **Dosage Recommendation**

The dosages that are advised can differ between brands. The usual recommendation is for use of 500 mg, three times daily, 30–60 minutes before eating. Always follow the dose recommendations on the label or consult your healthcare professional. Do not take more or less amount of this supplement than recommendation limit.

#### **Contact The Best Garcinia Cambogia Supplement Supplier**

We have been recognized in the industry, and this has made us reliable Garcinia Cambogia supplement supplier and exporter in India. We strive for and go above and above to build a long-lasting relationship with our clientele. To learn more, call our specialists or send us your product inquiry.



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