

Garcinia Fruit Profile

Also known as

Garcinia cambogia, Malabar tamarind, Brindal Berry, Gambooge, and Vrikshamla.

Introduction

Garcinia fruit is indigenous to India and parts of Asia, where it is primarily used as a condiment and ingredient in various recipes. It has been used for thousands of years for the distinct sour taste that it lends to foods, and is considered to make the foods it is added to more filling and satisfying. Indian folklore ascribes healing properties to the fruit, including its help with rheumatism, digestive complaints, and as part of a heart tonic. It has become popular recently as an appetite suppressant and aid in weight loss. This fruit is a rich source of hydroxycitric acid (HCA). Test tube and animal research suggests that HCA may be helpful in weight loss because of its effects on metabolism.

Constituents

Very small amounts of essential oil containing about 50% carvone.

Parts Used

The dried fruit, whole or cut.

Typical Preparations

Over-the-counter weight loss supplements for weight control usually offer HCA in dosages of 250 to 1,000 mg 3 times daily. HCA is available in many forms, including capsules, powders, tablets, and even snack bars. Products are often labeled *Garcinia cambogia* and standardized to contain a fixed percentage of HCA. Why use the whole fruit? What *garcinia* fruit offers that HCA supplements do not is potassium. The HCA in supplements is bound to calcium and is poorly absorbed. The HCA in the whole fruit is coupled with potassium and is readily absorbed into the bloodstream for maximum effectiveness. May be infused in tea although quite distasteful and may be taken as a capsule or extract.

Summary

Clinical trials have found that taking HCA helps women lose weight. Even when scientists couldn't conclusively confirm that weight loss was due to taking HCA rather than due to something else, the average weight loss was a pound a week. In all but one case, weight loss was greater with HCA even when the results didn't produce a statistical certainty. Add some other weight-loss ingredients and your chances of losing weight are even better. The secret to using HCA as a weight-loss supplement is simple: Eat normally. In particular, don't stoke up on high-fiber foods. When scientists have studied overweight people using HCA products in clinical settings, the supplement takes off the pounds if it's simply added to the regular diet. HCA doesn't help reduce weight if it's taken in addition to a high-fiber

diet. HCA doesn't just help melt away the pounds. HCA has been shown in animal experiments to suppress both appetite and the formation of fats and cholesterol in the liver. In addition it results in an increase in LDL receptor activity in liver cells that can pull LDL cholesterol out of circulation. HCA doesn't produce any strong aversions to food just enough loss of appetite to make losing pounds easier.

Precautions

Clinical studies confirm that HCA is safe for the heart. Consult your physician, however, before using garcinia fruit for weight loss if you take statin drugs for cholesterol. Not to be used while pregnant or nursing. Should not be taken by those with diabetes or Alzheimer's disease as it may negatively effect blood sugar levels.