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# GARCINIA CAMBOGIA (60% HCA)

HYDROXYCITRIC ACID  
2 OZ, 60 CT, 120 CT, & 180 CT



## WHAT IS GARCINIA CAMBOGIA?

### What Is Garcinia Cambogia Extract?

Garcinia Cambogia is a small, pumpkin-shaped fruit, sometimes called tamarind. Though native to Indonesia, it is also grown in India, Southeast Asia, and West and Central Africa. Adding this ingredient to meals is considered to be effective in making meals more “filling.” In some villages in Malaysia, Garcinia is used to make a soup that is eaten before meals for weight loss because of Garcinia’s appetite-blocking abilities.

### How Does Garcinia Cambogia Work?

The HCA extract from Garcinia Cambogia supplement aids in weight loss by doing two things: It helps to block fat, and it suppresses your appetite.

HCA blocks fat by inhibiting a key enzyme that your body needs to make fat from carbohydrates: Citrate lyase. Usually carbohydrates or sugars that are not used immediately or stored in other forms are converted into 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 your brain that makes you feel good. It’s a target of many antidepressant medications. Having low levels of serotonin may make you feel depressed or anxious; it drives many people into emotional or reactive eating. By increasing serotonin levels, HCA improves mood and suppresses the drive to react to stressful situations with food. As you eat less, your body senses this and it releases stored fat in your fat cells.

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

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

### Suggested Use

As a dietary supplement, take two (2) capsules with water 30-60 minutes before each meal, or as directed by a healthcare professional.

### KEEP OUT OF REACH OF CHILDREN

**WARNING:** If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts

**Serving Size:** Two (2) Vegi Capsules  
**Amount Per Serving** % DV

Garcinia Cambogia Extract (fruit) (CITRIMAX)	1000 mg
Standardized for 550 mg (-) hydroxycitric Acid (HCA)g	

† Daily Value Not Established

**Other Ingredients:** Hypromellose (derived from cellulose) Capsule

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