
QUESTION OF THE WEEK

Q: Will garcinia cambogia help me lose weight?



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Also known as brindal berry and acide hydroxy citrique, garcinia cambogia has been taken orally at a dose of 1,000 mg daily for weight loss. It is reported to interfere with fat formation or lipogenesis. Garcinia is often used as a seasoning in Thai and Indian food.

Two very small studies demonstrated weight loss and increased energy after taking garcinia cambogia for two months. There were only minor side effects reported that included gastro-intestinal discomfort and headache. While this herb looks promising, larger and longer testing must be done before it can be recommended for weight loss.

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