



Nature's Hoodia Formula

Stock #3009-8 (90 capsules)

Nature's Hoodia Formula is a unique nutritional supplement designed to help reduce appetite and calorie intake, while promoting a feeling of fullness. Nature's Hoodia Formula contains herbs and nutrients that have also been shown to inhibit the production of fat in the body, lower cholesterol and triglyceride levels, and promote balanced blood sugar levels. Nature's Hoodia Formula contains no caffeine or other stimulants. Each capsule of Nature's Hoodia Formula contains:

Hoodia gordonii is a succulent (full of juice or sap) plant that grows in the Kalahari Desert in Africa, where it has been used by indigenous peoples as an appetite and thirst suppressant. In the 1980s, the Council for Scientific and Industrial Research (CSIR), a partially state-funded laboratory in South Africa, began studying the effects of hoodia in animals and confirmed the plant's remarkable appetite suppression and weight-loss effects. In 2002, the CSIR licensed its hoodia patents to Phytopharm, a botanical pharmaceutical company in the United Kingdom, for further research toward the development of an anti-obesity drug.

Although the results of on-going research have not yet been published in peer-reviewed medical journals, one double-blind, placebo-controlled clinical study of a patented hoodia extract (P57) has shown promising results. Twenty overweight participants in a controlled environment were given either a placebo or P57 for 2 weeks. Participants were free to eat at will but did not perform any vigorous activity. Those taking P57 reduced their calorie intake an average of 1,000 calories per day and experienced a fat loss of approximately 2 kilograms (4.4 pounds). In addition, fasting blood sugar and triglyceride levels also declined.¹⁻⁴

Caralluma fimbriata is an edible cactus that grows throughout large portions of India. Commonly used as a vegetable in several regions, Caralluma is also considered a famine food in western India, where it is used to suppress appetite and quench thirst. Caralluma has recently gained attention, due to its action as an appetite suppressant and its potential as a natural weight-loss agent. In addition, pharmacological research indicates that Caralluma contains active constituents that are believed to inhibit the production of fat in the body by blocking the activity of citrate lyase—an enzyme required for the synthesis of fatty acids, cholesterol and triglycerides. Results of an as yet unpublished randomized, placebo-controlled trial presented at the 12th Annual World Congress on Anti-Aging Medicine showed that over 80% of overweight participants taking Caralluma fimbriata extract lost weight (with the majority demonstrating statistically significant weight reductions), compared to virtually no weight loss among the placebo group. A second unpublished double-blind, placebo-controlled, randomized clinical trial presented at the 18th International Congress of Nutrition showed that, compared to the placebo group, obese patients receiving Caralluma fimbriata extract experienced statistically significant reductions in all key indicators of weight-loss, including body weight, body mass index, waist and hip circumference, and body fat.⁵⁻⁹

Chromium is the primary mineral involved in normal insulin functioning and is a key component of GTF (glucose tolerance factor), a substance that enables cells to absorb glucose (blood sugar) to burn for energy. In addition, chromium is an important element for effective weight-loss because it plays an essential role in increasing the body's sensitivity to insulin. In order to facilitate weight-loss, the body's cells need to become more receptive to insulin, which is critical for maintaining balanced blood sugar levels and stimulating thermogenesis (the burning of fat stores for energy). Without chromium, the action of insulin is inhibited, resulting in elevated blood sugar levels and decreased thermogenesis.¹⁰⁻²⁰

Gymnema is considered one of the most effective complementary therapies for managing diabetes, and is primarily used to help regulate elevated and/or fluctuating blood glucose levels in type I and type II diabetics. Gymnema has also been shown to lower blood cholesterol and triglyceride levels without side effects. In addition, gymnema has been shown to have a profound action on the sense of taste, particularly suppressing sweet taste sensations.²¹⁻²⁷

Apple cider vinegar extract - Human studies indicates that vinegar intake can reduce the glycemic effect (the increase in blood sugar levels) of a meal. Vinegar supplementation also appears to increase satiety (the feeling of fullness) and may reduce food consumption. Thus, vinegar intake may enhance weight control efforts and prevent obesity by promoting satiety and reducing postprandial (after a meal) insulin secretion.²⁸⁻³⁴

Garcinia pericarp extract (Garcinia cambogia) contains the active ingredient hydroxycitric acid (HCA), which has been shown in animal studies to be a powerful lipogenic inhibitor—a substance that slows or inhibits the production of fat. HCA blocks the formation of fat in the body by acting as a potent inhibitor of ATP citrate lyase, an enzyme required for the synthesis of fatty acids and cholesterol. Growing evidence suggests that garcinia-derived HCA may be effective for weight management by curbing appetite and inhibiting body fat synthesis, without stimulating the central nervous system. A 12-week double-blind, placebo-controlled study involving mildly overweight females

showed that, although both groups lost body weight, the garcinia-treated group achieved a significantly greater reduction, losing an average of 54% more body weight than those taking a placebo.^{5,22,35-40}

L-carnitine is an amino acid needed for efficient fatty acid metabolism, which results in cellular energy production. L-carnitine transports fatty acids into the mitochondria where they are converted to energy. Since fatty acids are the primary fuel for energy production in the heart muscle, normal heart function depends on sufficient levels of L-carnitine. Athletes commonly take L-carnitine to improve energy levels for optimum exercise performance; however, individuals suffering from chronic fatigue may also find L-carnitine helpful for increasing energy levels. In addition, newer studies reveal that L-carnitine can help maintain healthy cholesterol and blood lipid levels. Furthermore, L-carnitine may play a role in the reversal of insulin resistance, which is a common element of and potential contributing factor to obesity.^{10,20,41-44}

Marshmallow root is well-known for its ability to soothe inflamed mucous membranes of the gastrointestinal tract and provide relief from local irritations, inflammation and pain. Marshmallow's healing effect is due in large part to its mucilage (soluble fiber) content. Marshmallow has been used for various gastrointestinal problems, including constipation, peptic and duodenal ulcers, and irritable bowel syndrome. The German Commission E has approved the use of marshmallow for irritation and mild inflammation of the gastric mucosa. In addition, a study involving obese patients found that the addition of mucilage to a low-calorie diet resulted in greater weight-loss than diet alone.⁴⁵⁻⁴⁹

Psyllium seed hulls are a source of dietary fiber that has been shown to shorten gastrointestinal transit time and increase stool weight and moisture content. Thus, psyllium hulls are effective for restoring and maintaining regular and easy bowel movements. Psyllium hulls also bind with carcinogens and other potential toxins and have been shown to lower serum total cholesterol and LDL cholesterol levels. Furthermore, epidemiologic evidence strongly supports the intake of dietary fiber to prevent obesity, as fiber intake has been shown to be inversely associated with body weight and body fat.^{46,50-55}

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