



GARCINIA CAMBOGIA

Garcinia cambogia is a tropical fruit native to Southeast Asia. It is known for containing a compound called hydroxycitric acid (HCA), which is believed to be responsible for its potential health benefits.

Fat Metabolism

In addition to inhibiting fat synthesis, HCA may also enhance fat metabolism by promoting the breakdown of stored fat tissues.

Appetite Suppression

Some research suggests that HCA may also affect appetite regulation by increasing serotonin levels in the brain.

Potential Health Benefits

Garcinia cambogia has been investigated for other potential health benefits, including anti-inflammatory, antioxidant, and anticancer properties, although further research is needed to fully understand the mechanisms and therapeutic implications.



POSSIBLE BENEFITS

FOR WEIGHT LOSS

The HCA in garcinia has been found to boost the fat-burning potential of the body, thus may help in weight loss.

ATHLETIC PERFORMANCE

Garcinia cambogia is also widely used in supplements that enhance athletic ability.

Using garcinia or HCA may increase endurance levels during exercise and stop people from feeling exhausted too quickly.

Garcinia cambogia, known better as Malabar tamarind, contains hydroxycitric acids in its rind that block an enzyme called citrate lyase, which our body uses to make fat and triggers weight loss due to a reduction in unhealthy cravings.

Numerous studies have proven the worth of Garcinia cambogia as a potent anti-cholesterol agent as it helps lower triglycerides and LDL (bad cholesterol) levels while raising HDL (good cholesterol) levels.

Specifications

Botanical/Scientific name Garcinia cambogia

CAS no. 90045-23-1

Description White color powder/granules

Assay By HPLC 60%

Complies with EU food regulations