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5 Little Known Facts About Garcinia Cambogia Supplements

Here's why this weird grapefruit is practically useless for weight loss UNLESS you check these 5 things

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(<https://pixabay.com/en/man-face-portrait-old-senior-1517990/>)

You've probably heard about garcinia cambogia. It's that weird looking grapefruit that grows in India and SE Asia and is promoted as a weight loss miracle. It's claimed to be a "superfood" that can incinerate fat, lower LDL cholesterol and raise your mood all at the same time. But are these claims to be trusted?

According to WebMD - "Developing research suggests that HCA might prevent fat storage, control appetite, and increase exercise endurance". So there's some science to back it up. But this doesn't explain why are some people able to lose weight with it while others think it's a waste of money.

Here are 5 facts about garcinia cambogia you should know before buying it as a supplement:

- 1. Does it contain over 60% HCA?**

Garcinia cambogia is remarkably high in hydroxycitric acid (HCA). This is the fruit's active ingredient believed to block a key enzyme (citrate lyase) that turns carb into fat. By limiting this enzyme, HCA has also been found to help people lose weight and lower chronic inflammation linked to type 2 diabetes and heart disease.

With so many benefits, it's no wonder people in India and SE Asia have used it as a cooking ingredient for generations. However, there's a big difference between ingredients in their natural form and as a processed supplement.

Most supplements contain just 60% HCA. This is just a little over half of its contents. And this low concentration explains why some supplements fail to replicate garcinia cambogia's fat burning power.

2. Does it contain cheap fillers and additives?

If a garcinia cambogia supplement is only 60% HCA, can you guess what the other 40% is? That's right, fillers and additives. These ingredients often serve no purpose than to "fill out" the recipe. While at best they do nothing, in some cases they may stop the supplement working at all.

A supplement needs to trigger lots of complex biological processes for it to work. And when you use cheap substitutes for HCA, don't be surprised if the results fall short of the incredible before and after photos in the advertising.

3. Does it contain calcium?

A popular ingredient in many supplements is calcium. This chalky mineral is normally taken by seniors for healthier teeth and bones. However, its low cost has led to many supplement manufacturers adding it as "filler".

Calcium may be cheap to produce. But it can ruin a supplement's efficacy. Including it in a garcinia cambogia supplement makes no sense. Unless your only goal is to maximize profits.

4. Does it cause side effects?

Another problem with low HCA garcinia cambogia supplement is that they may cause serious side effects. This includes nausea, digestive tract discomfort, and headaches. In fact, the [FDA has issued a warning](#) about low quality garcinia cambogia supplements because some may contain synthetic ingredients found in prescription drugs.

5. Where's it been made?

In the drive to cut costs and increase profits, supplement companies can be tempted to outsource their manufacturing to the Far East. China's low labor costs can certainly save them a lot of money. But something else that's lower in China are the quality standards.

So if you've tried a garcina cambogia manufactured in a low cost country and the results have been dismal, don't make the same mistake again. Always check the label to see where's it been made before putting it in your body.

Garcina Cambogia with 90% HCA

To anybody wishing to lose weight, lower their LDL cholesterol and improve their mood, I always recommend they try [Body By Design's Garcinia Cambogia](#) supplement.

The reason is because it is the **ONLY supplement with 90% HCA**. This makes it practically pure. It also doesn't contain ANY extenders, fillers or synthetic chemicals of any kind. So you're not putting cheap ingredients in your body that may cause unpleasant side effects or stop the supplement working.

Body By Design's Garcinia Cambogia is also manufactured here in the good ol' US of A in a certified facility that complies with the quality standards of US Pharmacopeia. So you know they haven't cut corners on ingredients or how it's formulated.

[Find out more about Body By Design's Garcinia Cambogia](#)

Still on the fence?

Then why not try it out without risking a dime. Right now, you can get a month's supply as a FREE trial. Just pay shipping and handling. So try it for a few weeks. If you lose weight, GREAT! If not, you haven't lost anything from trying.

So if you've tried garcinia cambogia in the past and been disappointed or thinking of trying it, don't settle for cheap imitations. Try Body By Design, the ONLY supplement with 90% HCA.

[>>>Claim your one month's FREE trial of Body By Design's Garcinia Cambogia](#)

To your health,

Douglas Hunt
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