



Ask The **Experts**

on Health Food

Dr. Kate Rheame-Bleue



In North America, roughly two out of every three adults is either overweight or obese, putting them at increased risk of a range of serious health conditions. Successful weight management is an important long-term health goal, but if you're finding it hard to achieve healthy and sustainable weight loss, it could be time to turn to natural products for a little extra help.

Natural Factors Garcinia cambogia is a non-GMO formula containing 750 mg of superior quality Garcinia cambogia per tablet. Garcinia cambogia is a fruit of the tamarind family and has been shown to combat food cravings and help burn off stubborn fat. It promotes a feeling of fullness, helping you to decrease

## Natural Factors Garcinia Cambogia combats food cravings and increases fat metabolism

your intake of calories, and increases fat metabolism, helping you to achieve your target weight more easily.

### How does Garcinia cambogia support healthy weight loss

Garcinia cambogia fruit rind extract contains a rich natural source of hydroxycitric acid (HCA), a compound that inhibits the activity of an enzyme that converts dietary carbohydrates into fat and sugars.

A 60% HCA concentration has been seen in clinical studies to restrict the conversion of carbohydrates into fat thereby encouraging the body to burn existing fat stores. In an eight-week study, people who took 2800 mg of HCA per day 30-60 minutes before meals, while eating 2000 kcal/day and walking 30 minutes five days a week, had an average 5.4% reduction in body weight and a 5.2% reduction in body mass index (BMI).\*

The same study also found that those taking the Garcinia cambogia extract had significant decreases in:

- Overall food intake
- Total cholesterol
- Low-density lipoprotein (LDL cholesterol)
- Triglycerides
- Serum leptin levels

And a significant increase in:

- Beneficial HDL cholesterol
- Fat-burning
- Serotonin release in brain tissue

In addition to supporting fat metabolism, blood sugar regulation and cholesterol levels, Garcinia cambogia is known to promote a feeling of fullness, which can help reduce appetite and control cravings.

### Healthy appetite control

The underlying mechanism for Garcinia cambogia's appetite-suppressing effect appears to be the ability



of HCA to increase levels of the neurotransmitter serotonin in the brain in a dose-dependent manner.\*

Serotonin is associated with increased feelings of satisfaction and an improved ability to curb cravings and control appetite. As such, Garcinia cambogia acts as a natural, stimulant-free appetite suppressant to help you stick to a reduced calorie diet and achieve your weight loss goals.

Garcinia cambogia is a high-quality, clinically studied herb that makes it easier to curb cravings, burn off stubborn fat and to achieve and maintain a healthy body weight while following a weight loss program that includes a reduced calorie diet and regular exercise.

**Dr. Kate Rhéaume-Bleue, Doctor of Naturopathic Medicine, writer, educator, graduate of the Canadian College of Naturopathic Medicine.**

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