Dr Oz called this natural weight loss supplement 'the holy grail of weight loss'. That's a very bold claim, but it caught my attention, and do you know what? Given what I have seen, he might just be right...

The weight loss supplement is made from garcinia cambogia, which is a fruit from south east Asia. Garcinia cambogia contains hydroxycitric acid, or HCA and this has been shown to suppress hunger, reduce the absorption of fats, AND improve moods. The promise - you will eat less; less of what you do eat will turn into fat, and you'll feel a bit happier too. The end result should be some weight loss, without dieting or exercise.

My Thoughts/Experience (will be updated)

I have done a fair bit of research online, I read more than enough information and reviews to convince me garcinia cambogia could be worth a shot. This is also partly due to the fact that I could not find any reports of side effects when taken for up-to three months (although it is not advised if you are pregnant/breastfeeding, or diabetic). I have had a back injury these last few months which
have resulted in my piling on a few pounds, so I have purchased some garcinia cambogia to see if it help me lose this additional weight.

I have now been taking the garcinia cambogia for five days; I appear to have lost 2lbs in weight, I have also noticed that when taking the supplement, it intermediately curbs hunger. I have had no side effects. It's obviously early days, but I will update this post with observations and notes on weight loss in the weeks to come.

Whilst researching garcinia cambogia I noted there is a huge range of garcinia cambogia weight loss supplements on the market, some better quality than others. Below are some pointers for you to look out for, should you wish to give this a try yourself.

- The words Garcinia Cambogia and HCA appear on the bottle.
- The supplement contains at least 50% HCA (Hydroxycitric Acid), this is the active ingredient.
- Your total daily serving is at least 1000mg (not per serving, total amount over the day) but no more than 3000mg.
- Make sure there are no fillers, binders or artificial additives.

The best place to purchase and research [Garcinia Cambogia Supplements is Amazon](#). They have a huge range and you can check the user reviews (which include loads of feedback on the weight loss achieved etc) for each products.

(Image from: Wikipedia)