

The African Mango Extract Diet Obsession Continues In 2013

Vanessa Pearson August 15, 2013



African Mango Diet Still Popular In 2013

Since African mango captured the eyes of the media in 2010 it has become a worldwide weight loss phenomenon. Backed by credible clinical studies, African Mango's Dikka seed extract has proven to be very effective in promoting fat loss.

(Newswire.net -- August 15, 2013) New York, NY -- This is not merely a claim but a statement supported by doctors, like **Dr. Mehmet Oz**, the host of the famous "The Dr. Oz Show".

In fact, it was covered in his show aired way back in September 13, 2010 when the obsession with African Mango in America first started. The public

have had a close eye on the African Mango diet supplement for a long time, but because there have been some safety concerns about taking weight loss pills not prescribed by doctors, no one can be blamed for being sceptical about trying it.

Aside from the fact that some doctors do not recommend African Mango weight loss pills, there have also been some credible studies carried out that support African mango's claims.

In 2005, the **Journal Lipids in Health and Disease** published a [4 week clinical study on overweight people](#). Divided into two groups, one group took Irvingia Gabonensis (African Mango extract) and the other group took a placebo.

The African Mango group experienced a 5.6% weight loss result and the placebo group only lost around 1%. Now that African Mango has become a phenomenon an increasing number of people want to try it, especially in the western countries where it has become so popular.

Dr. Oz has not mentioned any specific brand of African Mango diet supplement but there are a lot of different places to buy african mango including online retailers and local health stores.

Many supplement companies have manufactured [African Mango diet](#) supplements to meet the increasing demand, [African Mango Plus](#) being one of the most popular. With the media always branding "slim" as sexy, there is no doubt that the Irvingia Gabonensis obsession will continue for years to come.

People are always looking for a new breakthrough supplement that will help them shed unwanted pounds the natural way. With big names backing up the weight loss effectiveness claims of the Irvingia Gabonensis Dikka seed, there is sure to be a steady increase in the number of people wanting to give it a try, even 3 years later.

Fox News Channel has quoted saying that "*African Mango helps overweight people safely and quickly shed pounds, lose belly fat, and lower their cholesterol*".

Editor of Body For Life, David Jeffery, has been quoted as well to have said "*I t's the best natural fat loss remedy I've come across in 25 years of research*".

Harris Poll Survey has reported that out of the large percentage of obese Americans, 58% of them are very serious in trying to lose weight.

Considering the positive African Mango reviews and with more than half of the US population being overweight, it is safe to say that Irvingia Gabonensis will remain a popular weight loss supplement for years to come.

There is no stopping now - as long as there are overweight people obsessed with slimming down, African mango will remain a weight loss sensation.

