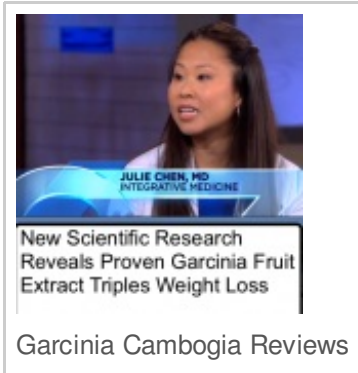


Garcinia Cambogia Reviews Reveal Information About Safety, Effectiveness

Brandon Schoen June 05, 2013



According to numerous doctors and now the FDA pure Garcinia Cambogia extract is one of the safest weight loss supplements on the market today. People note the dramatic reduction of fat from the belly area, as well as less stress and better mood.

(Newswire.net -- June 5, 2013) Philadelphia, PA -- A lot of attention has been given to the popular weight loss product Garcinia Cambogia over the last several months. And while it is flying off the shelves at record-setting pace, many consumers are holding off, waiting for their **Garcinia Cambogia reviews** with two big questions to be answered before spending any money: Is it safe? Will it work?

The Garcinia Cambogia craze all started when Dr. Oz took note of groundbreaking research being done by the well-respected Dr. Julie Chen, who was investigating the extract's safety and ability to help people lose weight effortlessly. According to her findings, which have been supported by numerous other doctors and now even the FDA, pure Garcinia Cambogia extract is one of the safest weight loss supplements on the market today.

Chen's initial study not only found Garcinia Cambogia to be safe for daily intake, but also demonstrated how effective this particular natural extract is. According to her published results, participants who took Garcinia Cambogia lost up to three times the weight than participants who did not take the supplement, and all without changing any part of their current diet or exercise routine.

According to Dr. Oz the reason that Garcinia Cambogia is so effective is because it works in two ways. First, it decreases appetite, which helps people consume fewer calories throughout the day without feeling starved or deprived, which is the result of nearly every other popular fad diet. Second, Garcinia Cambogia extract actually stops fat production by not allowing the body to create fat cells.

People who have taken **Garcinia Cambogia** regularly for several months at 1000 MG per day note the dramatic reduction of fat from the belly area, as well as the surprising side effects of feeling less stressed and overall happier.

In order to safely take Garcinia Cambogia and lose weight, it is important that consumers buy only **pure Garcinia Cambogia extract** from a trusted source. Additionally, the aforementioned Garcinia Cambogia reviews only pertain to products that contain at least 50% hydroxycitric acid (HCA) and have no fillers, binders, or artificial ingredients.

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