

Garcinia Cambogia Pure Extract Voted Best Weight Loss Pills for Women

Brandon Schoen January 03, 2014



Garcinia Cambogia Pure Extract was recently voted one of the best weight loss pills for women, described as one of the easiest and most effective ways to naturally lose weight by leading experts. Consumers rave about how well Garcinia Cambogia works.

([Newsire.net](#) -- January 3, 2014) New Orleans, LA -- Numerous weight loss products vie every year for the coveted spot at the top of both consumer and health experts' lists. This year seems to have unanimously gone to the newcomer known as Garcinia Cambogia, its pure extract being praised as one of the most effective, natural, and easiest ways to lose weight, especially when it comes to

women. The extract, derived from an indigenous Indonesian fruit, is safe according to doctors and recent medical studies. That, however, of course presumes that the extract being taken is pure and safely formulated.

Before purchasing **Garcinia Cambogia for weight loss** experts recommend that the labels on the bottles be carefully studied, checking the ingredients, the location of manufacturing, and the percentage of HCA (the powerful part of the Garcinia extract that makes weight loss and other health benefits a reality). Above all, potential buyers should always make sure that the company they are purchasing Garcinia Cambogia from is a trustworthy source.

"It's important that the product you are purchasing has no fillers or artificial ingredients," says the president of Elite Gold Solutions (EGS), a popular online health supplement company. "**Garcinia Cambogia HCA Extract** is one of our top sellers because our formulation contains 60% HCA (doctors recommend at least 50%), is totally vegetarian, and is processed right here in the United States."

Of course the effectiveness of Garcinia Cambogia is increased when consumers add it to a healthy diet and regular exercise regimen. However, many studies show that even without changing any aspect of diet or exercise, women who take the recommended dose of **Garcinia Cambogia** everyday will lose more weight than those who don't, proving that there is something to the product's reputation for being "magic".

Among the other **top weight loss pill** contenders for women in 2013 were coconut oil, MCT oil, green coffee, and African mango fiber. Although **Garcinia Cambogia** is expected to stay well in the lead for 2014, the other weight loss pills are expected to remain in hot pursuit, especially as more clinical studies and trials are performed early next year.

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