

# Australia's Top Rated Weight Loss Supplement

Rick Porter March 11, 2014



[Garcinia Cambogia Special Offer](#)

**A new video from DietRecommendations.com explains why Garcinia Cambogia extract was recently rated the top weight loss supplement in Australia.**

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DietRecommendations.com has released a new video discussing the weight loss advantages of using a Garcinia Cambogia supplement. According to the health and nutrition experts from the website new surveys have found Garcinia Cambogia to be Australia's highest rated weight loss supplement for both results and satisfaction. The video explains why garcinia cambogia is effective and who

benefits the most from using this supplement.

DietRecommendations.com starts by introducing the viewer to Garcinia Cambogia and explains that it is a natural extract from the rind of the Garcinia Cambogia fruit. It is shaped like a small pumpkin and is sometimes referred to as tamarind. Hydroxycitric acid (HCA) is naturally extracted and studies have shown an increase in weight loss two to three times more than those not taking any [Garcinia Cambogia supplement](#). Some participants in the study even showed weight losses of ten pounds or more each month without any changes to their diet or exercise.

In the video the website's nutritionists encourage using the supplement both as a jump start to a new diet or in conjunction with a current diet to eliminate those last extra pounds of fat from the waist, thighs, and butt which are often the hardest areas to trim down. They explain that this is the result of the body building up resistances to the body's fat burning hormones and without "tricking" the body these weight loss plateaus become almost impossible to overcome. The effectiveness of Garcinia Cambogia is attributed to it being a dual action fat buster.

DietRecommendations.com does a good job explaining that this means the supplement not only suppresses appetites but also prevents the body from making fat.

More importantly is that with all of these benefits the [Garcinia Cambogia extract](#) possesses it contains no negative side effects that can harm the body. The fruit and fruit have both been eaten safely for a long time thus experts feel comfortable about the safety of the Garcinia Cambogia extract. As a result this has become Australia's top rated weight loss supplement and does so being one of the most affordable herbal supplements on the market.

To grab a special offer on the Garcinia Cambogia extract and start seeing results from the number one rated weight loss supplement in Australia follow the link here: <http://dietrecommendations.com/Garcinia-Cambogia-Extract>

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