

What you should know to identify pure hoodia

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Hoodia comparison

The human body works in a complex pattern that is governed by innumerable hormones, proteins, vitamins and other similar substances. These substances act in coordination with the numerous cells and tissues in our body to generate and receive signals to and fro from the brain.

The brain works as the master controlling the whole body telling the body when to eat, sleep, work, rest, play, and many more. The appetite is also controlled by similar process wherein empty stomach sends in signals to the brain and makes us feel hungry or creates an urge to eat.

Hoodia gordinii comes into play at this juncture wherein it sends signals of a filled stomach thereby curbing your appetite. This property of hoodia gordonii has made it a widely consumed supplement. However, the effects are only seen if one consumes the pure forms of hoodia. How would you know you are getting the best hoodia? Check out the following steps.

Check the claims

Most of the fake hoodia companies promise you unbelievable results within a short duration of time. Although the effects can be felt immediately after consuming the hoodia pills, to lose a substantial amount of weight requires regular consumption of sustained doses of hoodia. Websites claiming immediate weight loss to a large extent without a change in the diet pattern are just making false claims to market their product

Verified products

Unique hoodia products contain only hoodia as the main and only ingredient. This is generally tested by an authentic lab. Companies or websites that promote hoodia products usually have the certificate of authenticity displayed on their website.

Check for the company name and lot numbers to ensure they match that of the name of the company. The bogus websites or scam companies do not have any such authentication. Also check for the organic product claims as natural hoodia provides the ultimate effect.

C.I.T.E.S certificate

The CITES stands for Convention on International Trade in Endangered Species which is an international committee that overlooks the trade of products considered as endangered. The increase in the demand for hoodia gordinii has resulted in extensive reduction in the numbers of hoodia gordinii plant making it an endangered species.

Hoodia is now being grown in the farms and the CITES provides the certificate about the origin of the product. Authentic companies display the CITES certificate that substantiate the claim that the product has been obtained from South Africa, only place where hoodia gordonii is grown.

Tested for presence of hoodia

There are several methods such as HPTLC and UPLC used by laboratories to check for the presence of claimed substances in the products being sold by a company. The laboratories run

these specialised tests on the products to authenticate the presence and also the amount of substances present in a product.

Look out for such certificates and check the content of hoodia and other additives in the certificates. Based on the test results, pure hoodia products must not have any additives and should be present to almost equal quantities as being claimed by the product companies.

Type of product

Many spam websites and companies that make false claims about hoodia have been caught and punished. These included companies that sold hoodia coffee. Hoodia is effective only in its purest form and does not produce similar results in any other forms. Never believe in claims made on hoodia sprays, liquids, patches, tea or coffee.

Authentic company with clear titles

Check for the authenticity of the company and go through their website in detail. The companies promoting original hoodia products must have a proper company name and verifiable address. They should display clear policies about purchase, refund, modes of payment and guarantee of supply. They should have a support centre to answer your queries about the product and help you in case of confusions.

