

## The Truth About Hoodia Diet Pills

Hoodia Diet Pills And The Truth Has dieting become easy with invention of appetite suppressant hoodia? Do you consider Hoodia pill as the easiest way to control food cravings and lose weight safely? Then you must read this article. Hoodia facts: Hoodia is NOT a Cactus. Hoodia belongs to flowering plant family Apocynaceae, but looks like a cactus. There are 13 kinds of Hoodia plants. All of them do not suppress appetite. One of such Hoodia species named Hoodia Gordonii has been investigated for use as an appetite suppressant which can aid weight loss. This makes very clear that all Hoodia species do not reduce food cravings; only Hoodia Gordonii has appetite controlling property. The Hoodia gordonii plant grows wild in South Africa, in an area stretching from the Ceres-Karoo (Koue Bokkeveld) through the Northern Cape and as far north as the desert regions of Namibia and the Kalahari. Tribal people in the area said to have used these plants as thirst and appetite suppressants on their long hunting trips. Hoodia diet Pills: Research conducted by Council for Scientific and Industrial Research (CSIR) on Hoodia Gordonii plant proved the appetite suppressing property of the plant which in turn led many companies to produce diet pills with Hoodia Gordonii. Hoodia Pills became popular in no time with the wild media coverage of the Hoodia Plants as hunger controllers in BBC, CBS, Hello Magazine, Oprah, etc. This also made many diet companies to sell fake Hoodia pill with no hoodia in it. Most of the "Hoodia" tagged pills are not the genuine Hoodia Gordonii Pills. Many Hoodia pills on the market are made of hoodia species that are not Hoodia gordonii, the only hoodia species having appetite suppressing property. Many of the genuine Hoodia pills are made of Hoodia Gordonii Plant EXTRACTS. But the extracts need not necessarily result in weight loss. The hoodia pills made of real hoodia gordonii (NOT extracts) said to be more effective for weight loss. Some Genuine Hoodia Pills have extracts of hoodia plants harvested years ago as a lot of time is involved in buying hoodia from many middlemen involved. This can deteriorate the quality of hoodia pills. Checklist of things to be verified before buying Hoodia Pills: First find out whether the pill is [Genuine Hoodia](#) and fake Hoodia. Look for Certificate of authenticity issued by Convention on International Trade in Endangered Species (CITES) with manufacturer details. Check the prices of the pills. You can not expect real hoodia pills at throw away prices. Most of the free trial offer pills are fake hoodia pills. Find out the history of the company selling the pills. Check if the company markets other diet pills as well. If so, search for customer feedback / complaints on them. Then compare the quality of the Hoodia ingredient in the pill on following grounds: Date and location of harvest Real Hoodia, Not an extract. Details of the supplier of Hoodia Gordonii Money Back Guarantee. My final advice is, be very smart and skeptical before you buy Hoodia diet pills. Don't be fooled by exaggerated claims and free trial scams!

## About the Author

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