



The Hoodia Dosage Wars...

Hoodia-Gordonii-750.com, November 19, 2005

URL: <http://www.pr9.net/health/weightloss/2986november.html>

Hoodia is fast becoming the Western world's #1 weight loss supplement. One thing Hoodia fans seem to agree on is that it does have an appetite suppressing effect when taken at the right dosage. But just what is the correct dose. With a marketing frenzy going on, and everyone trying to come up with a different angle to sell more and better Hoodia, the answer is getting harder and harder to find.

PR9.NET November 19, 2005 - Before you can answer the question of dosage, you most likely need to specify what kind of Hoodia is best for appetite suppression. Well, that one is easy. It should be either pure Hoodia or Hoodia in a formula that is from the Kalahari Desert areas of South Africa. Hoodia from Texas, Mexico or China has not been shown in any clinical trials to suppress appetite and aid in weight loss. Much of the very cheap Hoodia on the market is sourced in places other than South Africa. It should be a product that is obtained using only the "core" or the heart of the stems of the Hoodia Gordonii species. Of the 20 or more species of Hoodia, the Gordonii is the one that contains the active molecule P57 that acts on the hypothalamus to suppress hunger pangs. The many other Hoodia species may be on the store shelves but they will have no effect on your appetite.

That settled, we come to the question of how much Hoodia do you need to help you eat less and achieve your weight loss goals. Well the answers are a varied as the brands that are available. There is so much confusion about Hoodia that it is no wonder the consumer is at a loss when it comes to knowing what to buy and how much to take. Each brand has a recommended dosage for their product. But the truth is that you need to take Hoodia in a manner and in an amount that will work for you individually, with the emphasis on individual. We are not all the same. We all have a different appetite and a different metabolism. No doubt, body mass plays a part in what works for an individual.

So rather than just throw out a number of mg per serving and say that is the correct dose, why not use a method of titration to find the correct dose. Well, to do this you need a tablet of smaller size one can use to slowly build up the dose over time to find the correct dose that inhibits the appetite and works for them individually. After all, if 250 or 500 mgs of the expensive herb works, why take 750, 1000 or more. Talk about wasting your money. That is why we made Hoodia Diet Sense in the smaller 250 mg tablets. It allows you to find the dose that works for you and not waste your money taking a dose in excess of what you need to achieve results. This is not a new concept. Many medicines are titrated this way and it is just common sense. The people trying to convince you that you need a whopping huge capsule of Hoodia are the manufacturers of the products. Use your own judgement when deciding the proper dose of Hoodia to take and you will not only have good results you will have saved your self a lot of money.

###

About Hoodia-Gordonii-750.com

At Hoodia-Gordonii-750.com we sell only the best hoodia gordonii supplements available. Our products are produced under license for us by an established nutritional supplements manufacturer, Advanced Dietary Formulas. On our website we retail directly to the consumer as well as provide a venue for interested parties to find information about wholesale opportunities with new Hoodia Diet Sense. We also feel that it's our responsibility to educate the public about buying high quality hoodia supplements and avoiding the scams and low grade hoodia products on the market.

Website: <http://www.hoodia-gordonii-750.com>
E-Mail: sales@hoodia-gordonii-750.com