The report that I am using is from Healthy Consumer Living. It discusses the “superfood” Garcinia Cambogia (a fruit that grows in Southeast Asia and India) and its ability to help consumers lose weight. The claim that the website makes is that Garcinia Cambogia is a super food that helps burn fat without changing diet or exercise routines. Healthy Consumer Living claims that Garcinia Cambogia is a “potent fat burner” and “effective appetite suppressant” and that it works quickly, is affordable and those who take it will experience “tremendous weight loss results.” Gardinia Cambogia is effective because of an ingredient called Chlorogenic Acid, the website explains. They base their claims on a clinical study done by Dr Harry G Preuss of the Georgetown University Medical Centre. On the website, they specifically state that the study involved 30 obese pateints and that on average the patients lost 14 lbs in eight weeks. They claim that the participants were told not to change their diet and exercise regimes and still lost weight and that no side effects were reported.

In the article they provide a link to the clinical study done by Dr Preuss. In the study they tested hydroxycitric acid (HCA), which is what they claim to be the active ingredient in Garcinia Cambogia. They tested it alone and in combination with two other ingredients and evaluated the results on subjects categorized as moderately obese. The findings of the study were close to what the website had claimed but there are some areas of the website that do not completely match what the study is saying.

The website and the research do report different activity levels of the subjects. Where the website reported that the patients lost weight with out changes to exercise routines, the clinical study reported that the subjects were given supervised exercise regiments for 30 minutes a day. The website also reported that there were not changes in the patient’s diets but the clinical study reported that the subjects were given a 2,000 k/cal per day limit, which would be conducive to weight loss in an obese individual. Also, a definition of obese with regards to who would qualify as a subject is not given on either the website or the clinical study report. In the end, the Healthy Consumer Living website, reported the parts of the clinical study that benefit the sale of Garcinia Cambogia and advertise it as a miracle supplement based on one study, where numerous factors could have contributed to the weight loss of the subjects. If the whole study is taken into context we can see that an average of 14 pounds over 8 weeks can be lost due to a number of factors and although Garcinia Cambogia might have played a role in the weight loss of the subjects or patients, a lot more research should be done before claiming that a fruit has miracle making capabilities.

[Efficacy of a novel, natural extract of (–)-hydroxycitric acid (HCA-SX)](Efficacy%20of%20a%20novel,%20natural%20extract%20of%20(–)-hydroxycitric%20acid%20(HCA-SX)%20and%20a%20combination%20of%20HCA-SX,%20niacin-bound%20chromium%20and%20Gymnema%20sylvestre%20extract%20in%20weight%20management%20in%20human%20volunteers:%20a%20pilot%20study.%20(n.d.).%20Nutrition%20Research.%20Retrieved%20November%206,%202013,%20from%20http://www.nrjournal.com/article/S0271-5317(03)00221-5/abstract)

and a combination of HCA-SX, niacin-bound chromium and Gymnema sylvestre extract in weight management in human volunteers: a pilot study. (n.d.). Nutrition Research. Retrieved November 6, 2013, from <http://www.nrjournal.com/article/S0271-5317(03)00221-5/abstract>

[Miracle Garcinia Cambogia | Weight Loss Miracle. (n.d.). *Miracle*](Miracle%20Garcinia%20Cambogia%20|%20Weight%20Loss%20Miracle.%20(n.d.).%20Miracle%20Garcinia%20Cambogia%20|%20Weight%20Loss%20Miracle.%20Retrieved%20November%206,%202013,%20from%20http://miraclegarciniacambogia.com/article)

Garcinia Cambogia | Weight Loss Miracle. Retrieved November 6, 2013, from <http://miraclegarciniacambogia.com/article>