
Side Effects of Hoodia Gordonii : Hoodia side effects explained!

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Till date there are no serious side effects that have been reported concerned with Hoodia gordonii. However, there are a few minor side effects from Hoodia diet pills. One of the side effects is that a few people might experience minor stomach upset. A few forums have mentioned about this side effect. But however, they have not clearly mentioned which brand or the amount they have taken. This could be an outcome of using cheaper brands that could include adulterated elements. If someone takes an overdose or even eats certain unhealthy food it is possible to experience such stomach upset.

Minor side effects would be in the case of cheaper brand but on the other hand if you opt for high quality brands such as Desert Burn that includes completely authentic Hoodia gordonii. Thus it's always better for you to choose high quality products so that you don't have to take any chances on any sort of side effects.

The second possible side effect would have something to do with the liver. According to the medical study where P57, an active element present in Hoodia had been injected into the brains of rats for tests. The results proved that P57 is easily broken down by the liver. Weight loss experts say that they are concerned that P57 is processed by the liver as most of the obese people have liver related problems that could easily make way for side effects. Thus it's always better to use Hoodia diet pills under doctor's advice. As P57 is easily broken down in the liver, it indicates that it would not cause large amount of stress on the liver for people with good liver function. But as said, people who are obese suffer from liver problems then it's always advisable to take doctor's opinion before taking the pills. Apart from being obese if you know that you have some other kind of liver related problems it is always better to take medical advice.

As Hoodia diet pills are quite recent and as no one have an idea regarding the long term side effects it is better to use it only occasionally. However they are not the only key for losing weight. It is just one of the means. If you ever plan to go for it, then don't totally depend on it as an answer for long term weight reduction.