

## Hoodia cactus | Hoodia Gordonii extract

Contributed by  
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Hoodia Gordonii is the plant that includes the element that suppresses appetite and helps in losing weight. Hoodia Gordonii is a succulent plant that is found in the Kalahari Desert, where the San people reside. They have been making use Hoodia for years to suppress their hunger at times of long hunting trips.

The element present in the Hoodia Gordonii plant is said to be clinically proven to suppress hunger at least by 2000 calories a day. This incredible natural element is a boon of decades of research conducted by the CSIR in South Africa. The discovery of this element is so great that Pfizer, a huge pharmaceutical company is creating a pill that is based on the Hoodia Gordonii plant's bio-active element known as P57. Pfizer is trying to suppress the food cravings with the help of P57.