

Are Hoodia Diet Pills Safe?

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Every safe Hoodia diet pill would include only natural and organic elements. They would not include stimulants like Caffeine and Ephedra. Most of the Hoodia gordonii diet pills are suitable even for vegetarians and vegans. In South Africa, Hoodia is considered as a food rather than a drug. This tells how secure Hoodia gordonii actually is.

Hoodia Gordonii plant includes an active element that tricks your brain by making it think that you are full. You just have to take the pill about half an hour before your meal. Each person's system works differently and thus the diet pills might start showing results within 2 weeks. Pfizer a huge pharmaceutical company has invested around 21 million dollars for the right to develop P57 the active element present in Hoodia that imitates the effects that glucose has on the brain.

Studies have revealed that people who use Hoodia diet pills reduce their calorie intake by around 1000 calories each day and thus you could lose around 4-6 pounds a week. Hoodia Gordonii is the only variety among 13 other species of Hoodia that helps in suppressing the appetite. It is very difficult to differentiate Hoodia Gordonii without the flower from other varieties. Hoodia Gordonii is protected by CITES and thus it is illegal to collect them without a permit from the South African Government.

P57, the active element that is found in Hoodia Gordonii was discovered by accident. Council for Scientific and Industrial Research was conducting a research on the local Bushmen food and they were astonished when they examined that the animals on which they were testing Hoodia Gordonii lost weight and did not have any side effects or die. They came to a conclusion that Hoodia Gordonii is a plant that is non-toxic and is a natural appetite suppresser. Later The CSIR identifies the bio-active element that is present in Hoodia that helps in suppressing the appetite. This element was named P57 as it was the 57th product that the CSIR has spent capital on.