

Popular product names of Hoodia Gordonii:

Contributed by
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The Hoodia Gordonii plant is only found in the Kalahari Desert of South Africa. It has been used by the San tribe for years. They used it in order to prevent hunger when they were on long hunting trips. They normally cut the aerial stem of the Hoodia Gordonii plant, peel it and then eat it.

Even a small piece of the plant is sufficient to suppress your hunger for many hours. But, the point to note is that they ate it raw and not in the form of a supplement and also, they did not consume the whole plant. They peel the stem and only eat the inner core, the main element that helps in suppressing the appetite. Presently Hoodia Gordonii is an endangered species and there are strict rules for exporting them. Only a few companies are given the permission to export Hoodia Gordonii from South Africa to be made use in supplements. There are various kinds of Hoodia supplements.

Hoodia Tincture:

Hoodia tincture is a liquid form of Hoodia and is also called liquid Hoodia extract or elixir. If you take a look at the elements mentioned on the label you might come across a ratio like 20:1 or 10:1. Proponents of liquid Hoodia extract say that it is more effective compared to the pills as they are digested faster and more powerful as it is in a concentrated form. But the fact is that there is no proof that Hoodia tincture is digested quicker or is more effective or powerful than the pills.

There are certain proof that says just the reverse, that the pills are more effective and powerful. Majority of the people on diet, who were successful in losing weight with the help of Hoodia, had consumed pills and not the liquid extract. Even the studies that have been conducted were based using pills or P57 extract.

Hoodia tinctures are made by soaking powdered form of the plant in water and glycerin solution. A few of the Hoodia extracts are made by soaking the powdered plant in a solution of alcohol and water. You can know if the Hoodia you are making use of is non-alcoholic or not by going through the label. It is better to use non-alcoholic tinctures as they normally taste better than the alcoholic ones. The ration that you come across on the label tells the number of parts of the plant it took to make one part of the Hoodia tincture. In case it mentioned 20:1 it means that 20 parts of the plant to make a part of the Hoodia extract. Parts normally refer to pounds or grams.

You could say that the Hoodia tinctures are more powerful than the pills because they are a more concentrated form of Hoodia. Before considering that as a fact, you must know that some resources advice that a small part of the active element i.e. P57 in Hoodia Gordonii results in the Hoodia extract. If that was true then Hoodia extract would be the form that is least effective since you actually lose most of the effective element that helps in suppressing the appetite. One more point to remember while considering Hoodia extracts is that some people say that they are not possible to make because if they were then industries would be at a loss making them.

Since the Hoodia Gordonii is very scanty, it is very costly. It takes 20 parts of the Hoodia plant to make one part of the Hoodia extract. Thus considering the present rate of Hoodia Gordonii it is not possible for any industry to afford to and even then keep the prices of their Hoodia tincture same as that of Hoodia pills. If the Hoodia extracts are real then they have to cost much more than a bottle of Hoodia pills. Incase you still want to go ahead and buy the Hoodia tinctures at least go for the brands that make use of concentrated core powder while making the extract because the most effective and powerful tinctures are always made using concentrated core powder of the Hoodia plant.

As you now know that Hoodia extracts are made by soaking the powdered Hoodia Gordonii plant. There are two kinds of Hoodia powder. One is made using the whole plant and the other is just the core powder. The tinctures that are made using the core powder are much superior and powerful than the one made out of the whole plant. If you are planning to go for liquid Hoodia extracts then the best brands would be Desert Juice by Desert Burn and Hoodoba Elixir by Hoodoba.

Hoodia Powder:

There are two kinds of Hoodia powders they are the whole plant powder and the concentrated core powder. Whole plant powder is the power obtained by powdering the whole plant. The full Hoodia Gordonii plant is powdered. This is the least effective Hoodia powder and thus is the cheapest. This is because it contains most of the inactive elements of the plant like skin and even roots. On the other hand concentrated core powder includes just the peeled stems of the Hoodia Gordonii plant. This core powder is the nearest to the raw Hoodia Gordonii plant and is supposed to be the closest thing to what the San tribe consume. The concentrated core powder is the most effective and powerful form of Hoodia. Thus it is the most expensive.

P57 Hoodia Extract:

P57n is the active element that is in the Hoodia Gordonii plant and helps in suppressing the appetite. So what is the difference between P57 extract and Hoodia tincture? As P57 is naturally present in the Hoodia Gordonii plant it will be present in the Hoodia tincture and Hoodia powder. But you never know how much of it really make its way into these

forms of Hoodia. Phytopharm, a British pharmaceutical company has been working on a procedure to extract the real P57 molecule from the plant and later use it in supplements. Thus the extract and the products created using it would include 100% P57 and not all the parts of the plants that include only few amount of P57. The P57 extract would be available only through the products manufactured by Phytopharm and their partner, Unilever that owns SlimFast. Presently, P57 extract is not available in the market. However, Phytopharm is hoping to launch the product in the market by the end of 2008 and most probably under the SlimFast brand.