



Hoodia Gordonii VS Green Tea

How do the Hoodia Gordonii and Green Tea work for weight loss, any side effects which is better for losing weight?



Green Tea



Hoodia Gordonii

Place of Origin

China, Japan
The best green tea comes from China and Japan, with India, Vietnam also are major producers.

South African Kalahari desert

How it grows

Planting

In the wild

Herb?

✓ 100% Natural

✓ 100% Natural

The History

More than **4,000** years in China.
Originally Green tea was used for medicinal purposes.

Thousands of years
The nomadic San Bushmen of Southern Africa have used Hoodia to fight off hunger on their long hunting trips.

How does it work for weight loss?

Green tea epigallocatechin gallate (EGCG), a key element in polyphenol antioxidant contained in green tea are responsible for the herb's fat-burning effect.

Green Tea works by **helping the body burn fat**. It **burns calories** in your body.

A unique molecule contained in Hoodia Gordonii helps you lose weight naturally by suppressing appetite.
Hoodia Gordonii makes you eat less, not be hungry as often before a meal and lose weight.

It makes you **get less calories**.

Other Benefits

Fighting Cancer, Diabetes
It also **may** prolong your life by reducing the risk of stroke and heart disease.

What are the side effects?

No side effects
A cup of green tea contain 15 to 30 mg caffeine, but theanine and it contain counteracts the effects of caffeine.

No side effects
Bushmen have been using Hoodia for thousands of years with no known reported side effects.

Featured by Oprah




Clinical Case

A study in the University of Lausanne , Switzerland shown drinking 2-3 cups of green tea daily can burn **80 Calories** a day.

Studies has shown that people have been able to eat **900 to 1,100 Calories** less a day with Hoodia.

A study in University of Geneva also found men drunk green tea supplements burned more calories.

 **80 Calories** = 120 grams Apples (*It's what 80 calories looks like*)

Effectiveness of weight loss



U.S. Food and Drug Administration

Not been approval
"FDA have not approved any herbal remedies ."

Not been approval

Safety



Don't sure if it's totally suitable for **long term** use.

Product

Loose Green Tea, Tea Bags , Capsules

Capsules

Price



Suggested Usage

No for those who are sensitive to caffeine or on medication.

For adults only
Pregnant, nursing women and diabetics or if you have heart disease ,high blood pressure, anorexia, bulimia please talk to your doctor before taking it.
Take it with a glass (8oz.) of water an hour before meal times

Useful Links:

[Smallstep Adult and Teen](#)

Portion sizes are increasing almost everywhere we turn...

[Green Tea Information](#)

The new study, prepared by researchers at the Karolinska...

[Hoodia Gordonii Wikipedia](#)

Hoodia is a genus of 13 species in the flowering plant...

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