

Hoodia Buyer's Guide

The 5 things you should know before buying Hoodia.

Hoodia Gordonii is a leader in the diet pill and supplement market, as it is a natural herbal and effective appetite suppressant. Consumers should arm themselves with as much information as possible before buying one of the dozens of Hoodia products available. These five simple tips will help to ensure you're buying the best Hoodia product possible.

1. Check the Ingredients

Make sure that the manufacturer of the Hoodia product reveals all ingredients. There is some speculation that Hoodia is most effective when taken on its own. It is important to know if the product is combined with a thermogenic product like green tea.

2. Check the Source

Look for a producer that specifies Hoodia sourced from the stem, and not the root, which is a cheap and ineffective filler used by unscrupulous Hoodia makers.



3. Check the Authenticity

If buying online, look for a stamp or a seal that shows the Hoodia has been "certified authentic." One of the primary certifiers goes by the acronym C.I.T.E.S., and seems to have the most respect of supplement reviewers at this time.

4. Check the Billing Method

Beware of online "free trial" offers that lock you into an auto-shipping and billing program. Some of these have been reported as very difficult to stop, with the customers continually being billed and shipped more product.

5. Check the Strength

Look for a minimum strength level of 750mg.

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