



Dr. Oz Recommended Irvingia Gabonensis for Weight Loss

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Dr. Oz isn't a particular strong advocate of weight loss pills. He was one of the first to emphasize the risks of ephedrine in dietary supplements. Generally he doesn't seem to be very fond of such slimming aids.

But once in a while the reputable TV doctor does recommend something. In September of last year ('10) he mentioned Irvingia gabonensis to be a breakthrough supplement for weight loss.

According to dr. Mehmet Oz Irvingia ([African Mango](#)) is a rediscovered ancient remedy. Since then many other experts and celebrities have contributed to the fact that the trending diet pill is quickly gaining popularity in the world.

Studies on human test persons indicate changes in fat stimulating and fat producing hormone levels. Irvingia has shown to decrease blood sugar levels, to stimulate insulin sensitivity, to lower cholesterol levels (studies demonstrated a 39% reduction in cholesterol as a result of using African Mango extract), to increase good cholesterol (HDL).

The high soluble fiber saturation of the Irvingia also works as a laxative. Another conclusion was that the substance delays stomach emptying, which leads to increased absorption of sugars. In this way post-meal blood sugar levels are reduced. Apart from the weight loss properties of Irvingia gabonensis it is also reported to have substantial health benefits.

A study, published in Lipids Health & Disease, discovered that subjects taking the mango extract noticed a body fat decrease by 6.3% and lost an average of 12.3 pounds in 28 days. The obese subjects were administered 150 mg twice daily before meals.

The study showed that the extract *"favorably impacts body weight and a variety of parameters and characteristic of the metabolic syndrome"*