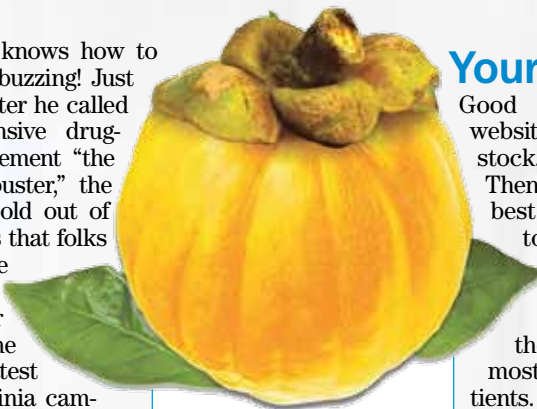


DR. OZ reveals the supplement that will make you **SLIMMER! HAPPIER!**

Dr. Oz sure knows how to get people buzzing! Just 48 hours after he called an inexpensive drug-store supplement “the newest, fastest fat buster,” the entire Internet had sold out of the stuff. And word is that folks who snatched up those first bottles have been turbo-shrinking ever since. So what’s the skinny on Dr. Oz’s latest find? “It’s called garcinia cambogia,” he revealed. “It’s a pumpkin-shaped fruit that grows in southeast Asia.” For decades, garcinia has been used as both a curry flavoring and a home remedy for weight problems. Eventually, scientists—led by Georgetown University’s Harry Preuss, M.D.—began conducting clinical research. Their studies led Dr. Oz to declare: “This just might be the most exciting breakthrough in natural weight loss to date.” And he’s not kidding. There’s now solid evidence that dieters who take garcinia extract stand to lose 200%-300% more weight than dieters who don’t. Translation: Instead of losing, say, 15 pounds on your New Year’s diet, add garcinia to the mix and expect to drop 30, even 45 pounds!



Is garcinia safe?

Garcinia is considered safe for most healthy women, but always get an okay from your doctor before taking any new supplement. Garcinia supplements may interfere with medications for blood pressure, cholesterol, blood sugar and more. Garcinia is not for pregnant or nursing women. To date, garcinia has been studied over periods of up to 12 weeks—so it’s best to use garcinia for 12 weeks or less, or as recommended by your doctor.

Your garcinia guide

Good news: Most stores and websites have garcinia back in stock. Are you psyched to try it? Then we want to help you get the best results possible. So we spoke to Julie Chen, M.D., a California physician who advised Dr. Oz on garcinia cambogia and who prescribes the supplement to some of her most weight-loss-resistant patients. Here’s what she told us:

● The ideal dose

“Studies show 500 to 1,000 milligrams three times daily is most effective,” she says.

● The ideal timing

“Take garcinia on an empty stomach 30-60 minutes before a meal,” so it is absorbed and most powerful when you have the most food in your system. This maximizes calories that become energy instead of fat.

● The ideal meals

Dr. Chen says you’ll make the most of garcinia’s benefits by choosing meals that mix moderate amounts of lean protein, whole grain and

healthy fat with lots of fruit and nonstarchy vegetables. You can incorporate her guidelines while following plans like Weight Watchers or South Beach—or simply dig into the menus, *below*.

● The best supplement

Neither Dr. Oz nor Dr. Chen recommend a particular brand, but both agree that hydroxycitric acid (HCA) is key to finding a good one. “HCA comes from the garcinia rind, and is the most powerful compound in the fruit,” Dr. Chen explains. “Check labels. You want a supplement that is at least 50% HCA.” Also key: “The formula should include mineral salts like magnesium, potassium or calcium, which allow HCA to be absorbed best.” (See shopping guide, *right*, for more details.)

How garcinia works magic!

Carb lovers, rejoice! “Garcinia cambogia blocks the enzyme that converts sugar and carbs into fat,” explained Dr. Oz. That means more of the sugar and carbs you eat will turn into energy, “and your fat cells can begin to shrink.”

Jiggle haters will celebrate, too, since garcinia has been shown to help replace fat with compact muscle. The change boosts metabolism—and “makes you look much leaner!” says Dr. Chen.

That’s not all. Dr. Preuss found folks given an HCA pill automatically ate 36% less. Turns out, garcinia keeps food in your stomach longer and boosts anti-hunger hormones. Plus, garcinia has been linked

Health bonus!
Research shows that patients taking garcinia cambogia decreased total cholesterol by up to 30%!

GARCINIA-BOOSTING MENUS!

Garcinia supplements may trigger modest fat loss without diet or exercise, but you’ll get the most dramatic results by combining them with a healthy lifestyle, says Julie Chen, M.D. Dr. Chen helped us to create these menus so you can take maximum advantage of garcinia’s carb-blocking and fat-burning properties. While following the plan, drink as much water as you like; add ultra-low-cal extras (spices, vinegar, Splenda) as desired. Always get a doctor’s okay to try any new program.

Breakfast

choose one daily



1 cup whole-grain cereal, 1 cup fat-free milk, 1 small sliced banana, 2 Tbs. toasted almonds, 1/4 tsp. unsweetened cocoa

4 egg whites or

1 cup Egg Beaters scrambled in 2 tsp. olive oil; stir in veggies to taste and 2 Tbs. shredded cheese

1 orange

Lunch

choose one daily

3 oz. lean deli meat, 1 oz. cheese and 1 tsp. mustard on 2 slices lite whole-wheat bread
2 cups mixed salad, 1 Tbs. chopped nuts, 1 1/2 tsp. olive oil, vinegar to taste
3 1/2 oz. chopped chicken, 2 tsp. each mayo and fat-free

Greek yogurt, 1 tsp. lemon juice, salad greens to taste rolled in a whole-grain tortilla
10 baby carrots

1 1/2 cups 99% fat-free turkey chili with beans, 3 Tbs. cheese



LESS TIRED!

to a 40% increase in the feel-good brain chemical serotonin. "This indicates that people should feel happier," says Dr. Preuss, "making them less inclined to eat for comfort."

Believe the hype!

Dr. Oz said garcinia "may be the simple solution you've been looking for to bust your body fat for good"—and Tennessee reader Lorah Derryberry, 30, firmly agrees. Normally Lorah is lucky to lose two pounds a week on a diet. "But with garcinia, I lost eight pounds. I had no idea I could lose so much so quickly!" Meanwhile, Connecticut mother-daughter duo Judy Behling, 51, and Nicole Helmer, 24, blasted 12 pounds. "It was so exciting!" says Nicole. Adds Judy: "After one week, I can fit into a smaller size. Thank you, Dr. Oz!"

Kim lost an inch of belly fat!

Kim Beeler, 44, had been struggling to lose weight since she hit the big four-oh. Nothing helped much—until she tried garcinia cambogia! "I lost two pounds the first day!" says the Oregon reader. After a week, "I lost an inch from my tummy. What a great way to start the new year!"



Shopping guide!

Go for a brand that makes it easy to take three 500 mg.-1,000 mg. doses per day. The label should list at least 50% HCA plus some magnesium, calcium and/or potassium. Dr. Oz doesn't recommend a particular brand, but we found these options:



- **At Walmart**
Pure Health Garcinia Cambogia (30 800-mg. caps, about \$10).
- **At drugstores**
Natrol Pure Super Citrimax* (90 300-mg. caps, about \$17 at Walgreen's).
- **At Vitamin Shoppe**
Vitamin Shoppe Citrimax Plus Chromium Picolinate (100 750-mg. caps, about \$16).
- **On the Internet** Puritan's Pride Super Citrimax (90 750-mg. caps \$10 at Puritan.com) or Nutrigold Garcinia Gold (90 500-mg. caps, \$12 at HerbalProvider.com).

*Super Citrimax is a brand of HCA tested by Georgetown University's Harry Preuss, M.D. This brand is sometimes listed on labels instead of "Garcinia cambogia."

Dinner

choose one daily



5 oz. lean turkey burger, thin slices red onion and avocado to taste, spritz of lemon, whole-grain bun
1 small can low-sodium vegetable juice

Mexican Bowl: Sauté 3 1/2 oz. lean beef, 1/2 cup bell pepper, 2 tsp. canola oil; toss with 1/2 cup warmed beans, 1/2 cup cooked brown rice; top with 1/4 cup salsa, 2 Tbs. fat-free Greek yogurt, 1 minced scallion, lime wedge

Weeknight Chicken Parm: 6 fully cooked chicken nuggets chopped and tossed with 1 cup whole-wheat spaghetti, 1/3 cup marinara, 1 1/2 Tbs. Parmesan cheese
1 cup steamed spinach, splash of vinegar

Snacks

choose one daily

1 cup fat-free Greek yogurt, 1/3 cup frozen thawed berries

3 1/2 oz. lean ham cubes, 1/3 cup pineapple cubes on toothpicks

3 baked chicken nuggets, 2 tsp. ketchup or barbecue sauce

3/4 cup shelled edamame

2 Mini Babybels



How to make your own menus

Dr. Chen recommends between 1,400-1,600 calories per day. At main meals, you want about 25% of your plate to be lean protein, 25% whole grain and 50% fruit or nonstarchy vegetables; add a dash of good fat to complete the meal. If desired, add a healthy protein-rich snack daily.