

LOS ANGELES, CA, August 26, 2014 /24-7PressRelease/ -- ConsumerReview.org, a popular website tracking health and fitness trends and products, announced today that it has expanded its previous review of Garcinia Cambogia supplements with in-depth analyses of its top-rated products.

According to Helen Murphy, Senior Editor, Health & Wellness, ConsumerReview.org received numerous requests after the initial publication of its review of Garcinia Cambogia supplements for more in-depth analyses on the top products.

"Readers are very interested in these supplements and they want to know why one is better than another, how to spot lesser products, and how not to get taken. Because of the level of research we commissioned, there really was far too much for just one article."

The dietary supplement is based on a small pumpkin-shaped fruit found in Southeast Asia. The fruit contains an ingredient called hydroxycitric acid (HCA), which has been proven to help people burn fat. HCA is what makes Garcinia Cambogia so effective as a dietary supplement.

Dr. Mehmet Oz, surgeon and TV personality, proclaimed Garcinia Cambogia to be "The Holy Grail" and set off a flood of knock-off products, many of which are cheaply made in uncertified factories. Recent press reports suggest that many supplements, not just Garcinia Cambogia, have lower quality ingredients, in lower quantities than stated on their labels, and fillers that can decrease potency and can even be harmful.

The ConsumerReview.org report suggests that buyers should stick with the top three brands: ResearchVerified, LifeExtension, and NutriGold.

Of NutriGold, ConsumerReview reports that, while generally praising, "Garcinia Cambogia Gold contains a small amount of Calcium, which Dr. Oz specifically said to avoid as it can block the absorption of HCA."

LifeExtension Garcinia HCA was ranked second by ConsumerReview and received praise for the quality of its ingredients, but lost points due to its less-than-recommended quantity of Garcinia Cambogia and the poor reviews it received on Amazon.com.

[ResearchVerified Garcinia Cambogia](#) was singled out by ConsumerReview.org for its high quality ingredients and production process and awarded its #1 pick.

ConsumerReview.org is an independent consumer review website focusing on health and wellness. Recent articles covering yoga, weight loss, and acne have received much acclaim from readers worldwide.