

Hoodia Products: Hoodia Diet Patch and Hoodia Slim

Trans-dermal patches seem to be the newest way to get a product into a person's bloodstream. The new hoodia diet patch utilizes this system. Trans-dermal literally means "through the skin". Users apply the patch once daily and as the advertisements say, forget about it. Hoodia slim is a more conventional product, just your basic garden variety capsule. There are actually a couple of manufacturers that make a hoodia diet patch and the cost is about the same; less than a dollar per patch. At least one of the companies is currently offering a "free" one week trial, but shipping and handling is almost \$10.00, which seems kind of high. Hoodia slim is similar to most hoodia products in package size and the price is similar to other products that include hoodia mixed with other dietary supplements. Product label says serving size is one capsule, but suggested use is one capsule, once or twice a day, so this is about a 30 day supply. Content of the hoodia diet patch varies from one company to another. Be sure to check the label before you buy. For example, one product contains guarana extract which is a stimulant. Many people are sensitive to stimulants and stimulants really do nothing to curb appetite, although they purportedly boost metabolic rate. Stimulants, however, can also increase heart rate and blood pressure. Hoodia slim also contains stimulants; green tea (100mg) and cocoa (200mg). Most people choose the hoodia diet patch, or a transdermal patch of any kind, because they feel it is more convenient than taking a capsule. Some people simply have trouble swallowing capsules. Others may be worried that they will forget to take a capsule. Some people have trouble keeping a patch on when they perspire or shower, making it necessary to replace the patch and, of course, increasing the cost per day. When a dieter is selecting a hoodia product, there are certain things to look for to increase the likelihood of success and satisfaction. Look for products that are certified by CITES documents or analytical reports to be genuine hoodia gordonii; none of the hoodia diet patch products (that we looked at) displayed either, nor did hoodia slim. Money back guarantees inspire confidence; hoodia slim has one; one of the hoodia diet patch products has a "satisfaction guarantee" which is not defined. Choosing products is an individual decision. The facts presented in this article are only intended to help consumers make informed decisions. Whether you choose the hoodia diet patch, hoodia slim or another weight loss product, reasonable diet and appropriate exercise are important, and you should consult your doctor before beginning any weight loss program.

About the Author

Diets graphic. With a myriad of diet options around, you need this handy guide for working out which one is best for you.

Source: <http://productsherbal.com>