

African mango

Irvingia gabonensis



African mango Benefits

African mango (Irvingia gabonensis) has become so popular because it has been shown to help people lose weight. Also known as wild mango, bush mango, dika or ogbono researchers believe that African mango helps promote weight loss in several ways. It helps boost a person's leptin level. Leptin is a hormone that helps suppress appetite. A hearty appetite can prevent a person from reaching their weight loss goals.

African mango also helps delay stomach emptying. This helps prevent blood sugar spikes. Blood sugar spikes can lead to food cravings. Additionally, there has also been evidence to suggest that African mango helps increase the breakdown of fat.

Weight loss

There was a clinical study done back in 2005 that tested the effectiveness of African mango on weight loss. There were a total of 40 participants. Twenty-eight of the participants took 350 mg of African mango abstract for one month while the other 12 were given a placebo. The results of the study were that the people who took the African mango extract were able to lose about five percent of their

body weight. The subjects who were given a placebo only lost one percent of their body weight.

Recently, there was another clinical study done on African mango. Half of the participants were given African mango while the other half was given a placebo. The results of the study were that the participants who took African mango were able to lose seven pounds in just a month. The results of this study can be found in the Journal for American Health and Disease.

Further research also seems to suggest that African mango is most effective when combined with [Cissus quadrangularis](#).

So what exactly is African mango?

African mango is a tree that is native to West African countries. The seeds from this tree are used to make medicine. There have been numerous studies done on African mango, and researchers have found that it can potentially offer a number of health benefits, apart from just weight loss. Below are some of the benefits of using African mango:

Lower cholesterol

High cholesterol is a problem that affects millions of Americans. High cholesterol is one of the major risk factors for heart disease. African mango has been shown to reduce low-density lipoprotein while simultaneously boosting High-density lipoprotein. Low-density lipoprotein is better known as the bad cholesterol because it accumulates in the arteries. High-density lipoprotein helps clean out the arteries. Researchers believe that the high fiber content of African mango is what helps lower cholesterol.

There was a study done in 2009 that tested the effectiveness of African mango on cholesterol levels. One group of subjects was given 150 mg of African mango extract while the other group was given a placebo. The results of the study were that the participants who were given African mango were able to decrease their bad cholesterol and blood pressure. There were no significant changes observed in the placebo group.

Lower blood sugar & prevent diabetes

The number of people being diagnosed with type 2 diabetes has increased drastically over the past few years. Diabetes also puts a person at an increased risk of developing heart disease. African mango helps reduce the risk of diabetes by controlling insulin levels,

and keeping the blood sugar within a healthy range. Furthermore, it can also help lower blood sugar in people who already have diabetes.

Relief from constipation

Most people have experienced constipation at some point in their lives. Not only is constipation very uncomfortable but it can also lead to weight gain. Because African mango is rich in soluble fiber it can add bulk to stools, which can help alleviate constipation.