



Pure Sri Lankan Products
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Splendid SEASONS Pvt Ltd

Sri Lanka is a native habitat for *Garcinia cambogia*, locally known as "Goraka." This species is globally recognized for its fruit rind, which is rich in hydroxy citric acid (HCA) contained in *Garcinia* prevents fat storage, controls appetite, and improves exercise endurance.

The **Splendid SEASONS** *Garcinia* powder help our *Garcinia* capsules can also help control blood sugar levels, boost energy, improve exercise performance, reduce appetite, and enhance mood with its serotonin-boosting properties. The potential of *Garcinia* (especially *G. cambogia*) for weight management is well-known internationally, and this knowledge is also prevalent in Sri Lanka .

Calories	60-70kcal
Fats	0.1-0.5%
Fiber	5-6%
Carbohydrates	15-20%

Ingredient: Dehydrate *Garcinia* powder, gelatin (animal based)

Some of Health benefits in short,

- Blood glucose management
- weight control
- Reduce the cholesterol level
- Energy booster
- Improves exercise performance/endurance
- Reduces appetite
- Aiding the digestive system
- Improves exercise performance/endurance
- Energy booster



Directions to Use for a Healthy Lifestyle:

Take one or two “**Splendid SEASONS**” **Garcinia Capsules** daily for adults, preferably after a main meal. *Garcinia* is generally considered safe for most people when taken in appropriate doses. **Especially** for those who are **pregnant, breastfeeding**, or have underlying health conditions, should take health care advice before use.

Do not exceed 4 capsules per a day.

Capsule Weight:

Net Weight: 400 ±100 mg

Gross Weight: 500 ±100 mg

Avoid use if allergic or sensitive to any listed ingredients.

Reference- from research article Exploring the properties of *Garcinia indica* Linn rind powder and its possible usage in food industry Ankita Awari,1 Mukul Kumar,1Deepika Kaushik,2 Emel Oz,3 Charalampos Proestos,4Maomao Zeng,5 Charles Brennan,6,7 Mukhtar Ahmed8 & Fatih Oz3