

dr oz diet pills garcinia cambogia

Dr Oz Diet Pills Garcinia Cambogia: Exploring the Hype, Benefits, and Realities

dr oz diet pills garcinia cambogia have gained significant attention over the years, especially after being featured on popular TV shows and health segments. Many people seeking natural weight loss solutions often come across this supplement touted as a miracle fat burner. But what exactly is garcinia cambogia, and why has it been linked to Dr. Oz's endorsement? More importantly, does it truly live up to the promises made about its effectiveness in diet pills? Let's delve into the science, the myths, and the practical considerations surrounding this controversial supplement.

What Is Garcinia Cambogia?

Garcinia cambogia is a tropical fruit native to Southeast Asia and India, resembling a small pumpkin. The key component that has caught the attention of researchers and consumers alike is hydroxycitric acid (HCA), found in the rind of the fruit. HCA is believed to play a role in weight management by influencing fat production and appetite suppression.

The Role of Hydroxycitric Acid (HCA)

Hydroxycitric acid is said to inhibit an enzyme called citrate lyase, which the body uses to convert carbohydrates into fat. By blocking this enzyme, HCA theoretically helps reduce fat accumulation. Additionally, some studies suggest it may increase serotonin levels in the brain, potentially leading to reduced appetite and fewer cravings.

Dr Oz and Garcinia Cambogia: The Media Effect

Dr. Mehmet Oz, a well-known TV personality and cardiothoracic surgeon, helped popularize garcinia cambogia by featuring it on his show as a promising weight loss supplement. His endorsement led to a surge in interest and sales. However, it's worth noting that his recommendations have sparked debate among health professionals due to mixed clinical evidence.

Why Did Dr. Oz Promote Garcinia Cambogia?

Dr. Oz often highlights natural remedies that aim to support health without invasive procedures or prescription medications. Garcinia cambogia's natural origin and early promising studies made it an attractive option for his audience. The supplement fits well within the trend of seeking alternative weight loss aids that claim to boost metabolism and curb appetite naturally.

Effectiveness of Dr Oz Diet Pills Garcinia Cambogia

The critical question remains: do garcinia cambogia diet pills actually work? The answer, as with many supplements, is complicated.

Scientific Studies on Garcinia Cambogia

Several clinical trials have assessed garcinia cambogia's impact on weight loss:

- Some studies found modest weight loss benefits compared to placebo groups.
- Other research showed no significant difference in weight or fat reduction.
- Variations in dosage, study duration, and participant characteristics make it difficult to draw definitive conclusions.

For example, a 2011 meta-analysis published in the Journal of Obesity suggested that garcinia cambogia could lead to short-term weight loss, but the effect size was small and not clinically significant.

Factors Influencing Results

- Dosage consistency: Many supplements vary widely in HCA content, affecting effectiveness.
- Lifestyle habits: Diet and exercise play a crucial role; supplements alone rarely produce dramatic results.
- Individual differences: Metabolism, age, and genetics can influence how well someone responds to garcinia cambogia.

Safety and Side Effects

When considering any diet pill, safety is paramount. Garcinia cambogia is generally regarded as safe when taken in recommended amounts, but some users report mild side effects.

Common Side Effects

- Digestive issues such as nausea, upset stomach, or diarrhea
- Headaches or dizziness in some cases
- Potential interactions with medications, particularly those affecting serotonin levels

Precautions

- Pregnant or breastfeeding women should avoid garcinia cambogia due to insufficient safety data.
- Those with liver conditions should be cautious, as rare cases of liver toxicity have been reported.
- Always consult a healthcare professional before starting any new supplement regimen.

Choosing the Right Garcinia Cambogia Supplement

If you're considering dr oz diet pills garcinia cambogia, it's important to pick a quality product to maximize potential benefits.

Tips for Selecting a Reliable Supplement

- **Check for standardized HCA content:** Look for products that specify the percentage of hydroxycitric acid, typically around 50-60%.
- **Opt for reputable brands:** Brands with third-party testing and positive customer reviews tend to be more trustworthy.
- **Avoid proprietary blends:** Transparent ingredient lists help you understand exactly what you're taking.
- **Consider additional ingredients:** Some products combine garcinia cambogia with other natural extracts like green tea or caffeine for enhanced effects.

Incorporating Garcinia Cambogia Into a Healthy Lifestyle

While garcinia cambogia diet pills may offer some assistance, they are not magic bullets for weight loss. Sustainable results come from a holistic approach.

Complementary Strategies

- **Balanced diet:** Emphasize whole foods, lean proteins, healthy fats, and plenty of vegetables.

- **Regular exercise:** Aim for a mix of cardio, strength training, and flexibility workouts.
- **Hydration:** Drinking enough water supports metabolism and overall health.
- **Sleep and stress management:** Both can influence weight regulation and appetite.

Setting Realistic Expectations

Supplements like garcinia cambogia might provide a slight edge in weight management but should not replace foundational health habits. Understanding this helps avoid disappointment and promotes a more sustainable approach to wellness.

The Bottom Line on Dr Oz Diet Pills Garcinia Cambogia

In the sea of weight loss supplements, garcinia cambogia stands out due to its natural roots and the early buzz created by media personalities like Dr. Oz. While there is some scientific basis for its use, the evidence is mixed, and outcomes vary widely among individuals. It's essential to approach these supplements with a critical eye, prioritizing safety and combining them with healthy lifestyle choices.

For anyone intrigued by the promise of garcinia cambogia, thorough research and consultation with healthcare providers can help determine if it's a suitable option. Remember, the journey to achieving and maintaining a healthy weight is multifaceted, and no single pill can replace balanced nutrition, consistent activity, and mindful habits.

Frequently Asked Questions

What are Dr. Oz diet pills with Garcinia Cambogia?

Dr. Oz diet pills with Garcinia Cambogia are weight loss supplements that typically contain extracts from the Garcinia Cambogia fruit, which is believed to help reduce appetite and inhibit fat production. Dr. Oz popularized Garcinia Cambogia as a natural weight loss aid.

Do Dr. Oz diet pills with Garcinia Cambogia really work for weight loss?

The effectiveness of Dr. Oz diet pills with Garcinia Cambogia is debated. Some studies suggest modest weight loss benefits due to the hydroxycitric acid (HCA) in Garcinia Cambogia, but scientific evidence is inconclusive, and results can vary between individuals.

Are Dr. Oz diet pills with Garcinia Cambogia safe to use?

Garcinia Cambogia is generally considered safe for most people when taken in recommended doses. However, some users may experience side effects like digestive issues or headaches. It's important to consult a healthcare professional before starting any supplement, especially if you have underlying health conditions.

What ingredients are commonly found in Dr. Oz diet pills featuring Garcinia Cambogia?

Besides Garcinia Cambogia extract, these diet pills may contain other ingredients such as green tea extract, caffeine, chromium, and other herbal components aimed at boosting metabolism and suppressing appetite.

How should Dr. Oz diet pills with Garcinia Cambogia be taken for best results?

Typically, the recommended dosage is one to two capsules before meals, but it varies by product. For best results, they should be combined with a healthy diet and regular exercise. Always follow the specific instructions on the product label.

What does Dr. Oz say about Garcinia Cambogia in his weight loss recommendations?

Dr. Oz has featured Garcinia Cambogia on his show as a promising natural weight loss supplement, highlighting its HCA content that may help block fat production and reduce appetite. However, he also advises caution and stresses the importance of lifestyle changes alongside supplement use.

Can Dr. Oz diet pills with Garcinia Cambogia cause any side effects or interactions?

Some users may experience mild side effects such as nausea, digestive discomfort, or headaches. Garcinia Cambogia may interact with certain medications, including those for diabetes or cholesterol. It's critical to consult a healthcare provider before starting the supplement to avoid adverse effects or interactions.

Additional Resources

Dr Oz Diet Pills Garcinia Cambogia: An In-Depth Review and Analysis

dr oz diet pills garcinia cambogia have gained significant attention in the weight loss community over recent years, largely propelled by endorsements from popular media figures and promising claims of rapid fat burning. Among these, Dr. Oz's promotion of Garcinia Cambogia as a natural supplement purported to aid weight loss has sparked both

interest and skepticism. This article takes a comprehensive, investigative look at the efficacy, safety, and scientific backing of Garcinia Cambogia diet pills, especially those associated with Dr. Oz, while providing an objective perspective to help readers make informed decisions.

Understanding Garcinia Cambogia and Its Popularity

Garcinia Cambogia is a tropical fruit native to Southeast Asia and India, sometimes referred to as the Malabar tamarind. The active ingredient believed to support weight loss is hydroxycitric acid (HCA), found in the rind of the fruit. Proponents of Garcinia Cambogia diet pills claim that HCA can inhibit an enzyme called citrate lyase, which plays a role in fat production, while also increasing serotonin levels to reduce appetite.

Dr. Oz, a well-known television personality and cardiothoracic surgeon, introduced Garcinia Cambogia to a mainstream audience during several episodes of his show. His endorsement led to a surge in sales and widespread discussion of the supplement's potential benefits. However, such popularity has also raised questions about the scientific validity of these claims and the safety of consuming Garcinia Cambogia pills, especially those marketed under the "Dr Oz diet pills" label.

Scientific Evidence Behind Garcinia Cambogia's Weight Loss Claims

Clinical Trials and Research Findings

A number of clinical studies have attempted to assess the effectiveness of Garcinia Cambogia as a weight loss aid. Results, however, have been mixed and often inconclusive. Some randomized controlled trials (RCTs) suggest a modest reduction in body weight when Garcinia Cambogia supplements are taken consistently over several weeks.

For example, a meta-analysis published in the *Journal of Obesity* reviewed 12 randomized clinical trials and found that Garcinia Cambogia could result in an average weight loss of approximately 2 pounds more than placebo over a period of 4 to 12 weeks. However, the authors cautioned that the effect size was small and the clinical relevance questionable. Many of these studies suffered from methodological limitations such as small sample sizes, short duration, or lack of proper blinding.

Conversely, other research has found no statistically significant difference in weight loss between Garcinia Cambogia users and placebo groups. Critics argue that these discrepancies highlight the need for larger, high-quality studies to determine whether the supplement truly offers meaningful benefits.

Mechanism of Action: How Does HCA Work?

Hydroxycitric acid purportedly inhibits citrate lyase, an enzyme involved in converting excess carbohydrates into fat. By blocking this enzyme, HCA is thought to reduce fat synthesis and increase fat oxidation. Additionally, there are claims that HCA boosts serotonin levels in the brain, potentially reducing appetite and emotional eating.

While these mechanisms are theoretically plausible, translating biochemical effects into measurable weight loss outcomes in humans has proven challenging. Variability in supplement formulations, HCA concentration, and individual metabolism further complicate these findings.

Dr Oz Diet Pills Garcinia Cambogia: Product Features and Consumer Considerations

Formulations and Dosage

Many Garcinia Cambogia supplements marketed under the Dr. Oz diet pills umbrella come in capsule or tablet form, often standardized to contain 50-60% HCA. Recommended dosages vary, but a common regimen includes taking 500-1500 mg of HCA daily, divided into several doses before meals.

Consumers should be aware that the concentration of HCA and the presence of additional ingredients (such as chromium, calcium, or potassium) can differ significantly across brands. These additives may influence absorption or efficacy but also introduce variability in safety profiles.

Pros and Cons of Using Garcinia Cambogia Diet Pills

- **Pros:**

- Natural origin appeals to those seeking plant-based supplements.
- Some clinical evidence suggests modest weight loss benefits.
- May help reduce appetite, supporting calorie control.
- Generally well-tolerated with few serious side effects reported.

- **Cons:**

- Scientific support is inconsistent and sometimes contradictory.
- Weight loss effects, if any, tend to be small and short-lived.
- Quality and purity of over-the-counter products can vary.
- Potential interactions with medications or pre-existing health conditions.
- Risk of relying solely on supplements rather than sustainable lifestyle changes.

Safety Profile and Regulatory Perspectives

Despite being a natural supplement, Garcinia Cambogia is not without safety concerns. Some reports have linked its use to side effects such as digestive discomfort, headaches, and, in rare cases, liver toxicity. The latter has prompted regulatory bodies in certain countries to issue warnings or recalls of products containing Garcinia Cambogia.

It is crucial to note that dietary supplements, including those associated with Dr. Oz's endorsements, are not subject to the same rigorous approval processes as pharmaceuticals. This means that product quality, dosage accuracy, and contaminant testing may vary widely. Consumers should exercise caution, seek products from reputable manufacturers, and consult healthcare professionals before beginning supplementation, especially if pregnant, nursing, or managing chronic health conditions.

Regulation and Consumer Protection

In the United States, the Food and Drug Administration (FDA) regulates dietary supplements under the Dietary Supplement Health and Education Act (DSHEA) of 1994. However, the FDA does not approve supplements for safety or efficacy before they reach the market. Instead, manufacturers are responsible for ensuring their products are safe and labels are truthful.

This regulatory framework places the onus on consumers to research and choose supplements carefully. Independent third-party testing certifications (e.g., USP, NSF) can provide additional assurance of product quality and purity.

Comparing Garcinia Cambogia to Other Weight Loss Supplements

When evaluating Dr Oz diet pills Garcinia Cambogia against other popular weight loss supplements, several factors come into play, including effectiveness, safety, and cost.

- **Green Tea Extract:** Rich in catechins and caffeine, it has stronger evidence for boosting metabolism and fat oxidation than Garcinia Cambogia.
- **Glucomannan:** A natural fiber that promotes satiety and has demonstrated modest weight loss benefits.
- **Caffeine-based Supplements:** Known to increase energy expenditure but may cause jitteriness or sleep disturbances.
- **Conjugated Linoleic Acid (CLA):** Some evidence supports fat loss but with mixed results and potential side effects.

While Garcinia Cambogia offers a natural alternative with some appetite-suppressing properties, its weight loss potential appears more limited compared to these other options, especially when not combined with lifestyle modifications.

Consumer Experiences and Market Trends

Online reviews and anecdotal reports about Dr Oz diet pills Garcinia Cambogia vary widely. Some users claim noticeable weight loss and appetite control, while others report little to no benefit or undesirable side effects. Such disparities may be explained by differences in individual metabolism, adherence to dosage instructions, diet, exercise habits, and supplement quality.

The surge in Garcinia Cambogia's popularity following Dr. Oz's endorsement also highlights the impact of celebrity influence on consumer behavior. This phenomenon can create challenges for scientific communication, as consumers may overestimate benefits or underestimate risks based on media portrayals rather than evidence.

Final Thoughts on Dr Oz Diet Pills Garcinia Cambogia

The intrigue surrounding dr oz diet pills garcinia cambogia reflects a broader cultural desire for quick, natural solutions to weight management challenges. While Garcinia Cambogia contains compounds with plausible mechanisms for weight loss support, current scientific evidence suggests that any benefits are likely modest and not guaranteed.

For those considering Garcinia Cambogia supplements, especially products branded or promoted as Dr Oz diet pills, it is advisable to approach with measured expectations. Integrating these supplements as part of a comprehensive weight loss plan involving balanced nutrition, regular physical activity, and professional medical guidance remains paramount.

Ultimately, the journey toward sustainable weight loss is multifaceted, and no single supplement, regardless of popularity or endorsements, can replace the foundational principles of healthy living.

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dr oz diet pills garcinia cambogia: *The Myths About Nutrition Science* David Lightsey, 2019-11-14 Many nutrition science and food production myths and misconceptions dominate the health and fitness field, and many athletes and active consumers unknowingly embrace a myriad of what can be deemed "junk science" which has now infiltrated many related science fields. Consumers simply have no reliable source to help them navigate through all the hype and fabrication, leaving them vulnerable to exploitation. The aim of *The Myths About Nutrition Science* is, then, to address the quagmire of misinformation which is so pervasive in this area. This will enable the reader to make more objective, science-based lifestyle choices, as well as physical training or developmental decisions. The book also enables the reader to develop the necessary critical thinking skills to better evaluate the reliability of the purported "science" as reported in the media and health-related magazines or publications. *The Myths About Nutrition Science* provides an authoritative yet readily understandable overview of the common misunderstandings that are commonplace within consumer and athlete communities regarding the food production process and nutrition science, which may affect their physical development, performance, and long-term health.

dr oz diet pills garcinia cambogia: *Dieting & You* Vijay Patidar, Many people will agree that poor diet is a major cause of diseases in the US, including stroke, hyperlipidemia, and coronary heart disease. And for anyone who wants to live a long and healthy life, watching what they eat and knowing what to eat is far more important than anything else. The importance of proper nutrition cannot be emphasized enough because it can keep you energized, help you stay fit, keep you healthy, and be a source of happiness when you factor in the stress people undergo just to shed some amount of flesh from their body. Although many people engage in diet plans for the sake of

losing extra fat, the benefits of proper dieting are far more than just shedding fat. Along with exercise, dieting can help you naturally overcome both present health problems and unforeseen ones that may spring up in the future. This eBook is intended to educate and enlighten you on the overall benefits of proper dieting, classes of healthy foods, and other things you need to know to live happily and maintain a healthy lifestyle. It goes on to tell you how the personality of an individual may affect how he responds to diet plans, what kind of diet is ideal for losing weight, as well as dieting routine that is best for people over 50 years.

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dr oz diet pills garcinia cambogia: What We Don't Talk About When We Talk About Fat Aubrey Gordon, 2020-11-17 From the creator of *Your Fat Friend* and co-host of the *Maintenance Phase* podcast, an explosive indictment of the systemic and cultural bias facing plus-size people. Anti-fatness is everywhere. In *What We Don't Talk About When We Talk About Fat*, Aubrey Gordon unearths the cultural attitudes and social systems that have led to people being denied basic needs because they are fat and calls for social justice movements to be inclusive of plus-sized people's experiences. Unlike the recent wave of memoirs and quasi self-help books that encourage readers to love and accept themselves, Gordon pushes the discussion further towards authentic fat activism, which includes ending legal weight discrimination, giving equal access to health care for large people, increased access to public spaces, and ending anti-fat violence. As she argues, "I did not come to body positivity for self-esteem. I came to it for social justice." By sharing her experiences as well as those of others—from smaller fat to very fat people—she concludes that to be fat in our society is to be seen as an undeniable failure, unlovable, unforgivable, and morally condemnable. Fatness is an open invitation for others to express disgust, fear, and insidious concern. To be fat is to be denied humanity and empathy. Studies show that fat survivors of sexual assault are less likely to be believed and less likely than their thin counterparts to report various crimes; 27% of very fat women and 13% of very fat men attempt suicide; over 50% of doctors describe their fat patients as "awkward, unattractive, ugly and noncompliant"; and in 48 states, it's legal—even routine—to deny employment because of an applicant's size. Advancing fat justice and changing prejudicial structures and attitudes will require work from all people. *What We Don't Talk About When We Talk About Fat* is a crucial tool to create a tectonic shift in the way we see, talk about, and treat our bodies, fat and thin alike.

dr oz diet pills garcinia cambogia: Is That a Fact? Joe Schwarcz, 2014-05-01 The bestselling "quackbuster" and "tireless tub-thumper against pseudoscience" fishes for the facts in a flood of misinformation (Maclean's). Eat this and live to 100. Don't, and die. Today, hyperboles dominate the media, which makes parsing science from fiction an arduous task when deciding what to eat, what chemicals to avoid, and what's best for the environment. In *Is That a Fact?*, bestselling author Dr. Joe Schwarcz carefully navigates through the storm of misinformation to help us separate fact from folly and shrewdness from foolishness. Are GMOs really harmful? Or could they help developing countries? Which "miracle weight-loss foods" gained popularity through exuberant data dredging? Is BPA dangerous or just a victim of unforgiving media hype? Is organic better? Schwarcz questions the reliability and motives of "experts" in this "easy-to-understand yet critical look at what's fact and what's plain nonsense." Takes its readers through the carnival of pseudoscience, the morass of half-truths and, finally, the relatively safe road of reproducible scientific knowledge. This journey is made all the more enjoyable by Dr. Schwarcz's surgical use of words and his mastery of public writing . . . [He] can always be counted on to write about the chemistry of the world in a way that is

both entertaining and educational.” —Cracked Science “Written with a light touch and refreshing humor, this book provides a solid, authoritative starting point for anyone beginning to look at the world with a skeptical eye and a refresher for those further along that path.” —Library Journal

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dr oz diet pills garcinia cambogia: Fat Chance Rick Christman, 2021-02-23 During the early 1990s, the diet drugs fen-phen and Redux achieved tremendous popularity. The chemical combination was discovered by chance, marketed with hyperbole, and prescribed to millions. But as the drugs' developer, pharmaceutical giant American Home Products, cashed in on the miracle weight-loss pills, medical researchers revealed that the drugs caused heart valve disease. This scandal was, incredibly, only the beginning of an unbelievable saga of greed. In *Fat Chance*, Rick Christman recounts a story that a judicial tribunal later described as a tale worthy of the pen of Charles Dickens. Bill Gallion, Shirley Cunningham, and Melbourne Mills contrived to bring a class-action lawsuit against American Home Products in Covington, Kentucky. Their hired trial consultant, Mark Modlin, had a bizarre relationship with the presiding judge, Jay Bamberger of Covington, who was once honored as the Kentucky Bar Association's Judge of the Year. Soon after, Stan Chesley, arguably the most successful trial attorney in the United States, joined the class-action suit. Ultimately, their efforts were rewarded with \$200 million for the 431 plaintiffs, and the four lawyers immediately began to plunder their clients' money. When the fraud was discovered, two of the attorneys received long prison sentences and another was acquitted after claiming an alcoholism defense. All four were permanently banished from the practice of law and Judge Bamberger was disbarred and disrobed. Recounting a dramatic affair that bears conspicuous similarities to opioid-related class-action litigation against the pharmaceutical industry, Christman offers an engaging, if occasionally horrifying, account of one of America's most prominent product liability cases and the settlement's aftermath.

dr oz diet pills garcinia cambogia: Obesity G. Michael Steelman, Eric C. Westman, 2016-04-27 Obesity is considered a complex and multifactorial disease. Its treatment, therefore, must also be multimodal and tailored to meet the needs of each patient. *Obesity: Evaluation and Treatment Essentials* presents a wide spectrum of practical treatment protocols for obesity including exercise, pharmacology, behavior modification, and dietary factors,

dr oz diet pills garcinia cambogia: Body of Truth Harriet Brown, 2015-03-24 Over the past twenty-five years, our quest for thinness has morphed into a relentless obsession with weight and body image. In our culture, fat has become a four-letter word. Or, as Lance Armstrong said to the wife of a former teammate, I called you crazy. I called you a bitch. But I never called you fat. How did we get to this place where the worst insult you can hurl at someone is fat? Where women and girls (and increasingly men and boys) will diet, purge, overeat, undereat, and berate themselves and others, all in the name of being thin? As a science journalist, Harriet Brown has explored this collective longing and fixation from an objective perspective; as a mother, wife, and woman with weight issues, she has struggled to understand it on a personal level. Now, in *Body of Truth*, Brown systematically unpacks what's been offered as truth about weight and health. Starting with the four biggest lies, Brown shows how research has been manipulated; how the medical profession is complicit in keeping us in the dark; how big pharma and big, empty promises equal big, big dollars;

how much of what we know (or think we know) about health and weight is wrong. And how all of those affect all of us every day, whether we know it or not. The quest for health and wellness has never been more urgent, yet most of us continue to buy into fad diets and unattainable body ideals, unaware of the damage we're doing to ourselves. Through interviews, research, and her own experience, Brown not only gives us the real story on weight, health, and beauty, but also offers concrete suggestions for how each of us can sort through the lies and misconceptions and make peace with and for ourselves.

dr oz diet pills garcinia cambogia: Food, We Need to Talk Juna Gjata, Edward M. Phillips, M.D., 2023-07-11 This is an unusual - and unusually interesting - exploration of diet, weight and health that touches on memoir but lands on practicality. It's a cut-to-the-chase book that makes you realize that not everything you know about dieting and weight loss - no matter how much you've read or experienced before - is true, and that way too much of your brain, your time and your pocketbook has been taken up with the endless (and futile) quest. The authors' two distinct voices thread and play off each other throughout the book as they cover these intensively-researched topics: -Metabolism -Why Every Diet Works... and Then Doesn't -What Actually is "Healthy" Food? -The (Almost) Magic Pill: Exercise -Detox Teas, Juice Cleanses, Supplements, & Waist Trainers -The Science of Fat Loss -Sleep, Stress and Your Waistline -Disordered Eating or Eating Disorder? -The History of Dieting -The Biggest Key to Success - A Manifesto on Body Image -How to Make This Your Last Diet -Becoming a Professional BS Detector Food, We Need To Talk is a young woman's look at the landscape of dieting, weight and health as it is right this moment-from the modern body-inclusivity movement to weight and dressing for social media instead of real life-as well as a very relatable doctor's long view. Together, they've created a unique, information-rich book with a real voice that entertains as it pulls you through.

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Blvd Highway Express Way Free Way ~~~~~ 40mph

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