

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Experiments done in rats found that hoodia may reduce food intake.

Hoodia gordonii is a cactus found in the Kalahari desert and in Namibia. Local tribesmen consume Hoodia to survive long periods of starvation. Supplements containing Hoodia are promoted for weight loss and some cancer patients use them for weight control.

The FDA has warned the manufacturer and distributors of a Hoodia product against making unsubstantiated and misleading claims about weight loss.

What are the potential uses and benefits?

- Weight Loss

A single study performed on rats showed that Hoodia can decrease appetite. But consumption of a hoodia extract did not affect body weight in healthy overweight women.

What are the side effects?

- Headache, dizziness, giddiness
- Disturbance of skin sensation
- Nausea

What else do I need to know?

Do Not Take if:

Hoodia

- You are taking drugs that are substrates of Cytochrome P450 3A4: Hoodia may increase the risk of side effects of these drugs, although clinical relevance has yet to be determined..

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Hoodia - Last updated on March 13, 2023

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