Mangosteen

url: https://medlineplus.gov/druginfo/natural/1081.html  
  
  
Mangosteen  
What is it?  
Mangosteen (Garcinia mangostana) is a plant that grows in Southeast Asia. The fruit is dark purple or red. The fruit pulp is slightly acidic and sweet.   
  
Mangosteen contains chemicals that might act as antioxidants and fight infections.   
  
People use mangosteen for serious gum infections, obesity, muscle strength, diarrhea, and many other conditions, but there is no good scientific evidence to support most of these uses.   
  
Don't confuse mangosteen with garcinia. These are not the same.  
  
  
  
How effective is it?  
Natural Medicines Comprehensive Database rates effectiveness based on scientific evidence according to the following scale: Effective, Likely Effective, Possibly Effective, Possibly Ineffective, Likely Ineffective, Ineffective, and Insufficient Evidence to Rate.The effectiveness ratings for MANGOSTEEN are as follows:Possibly effective for...  
A serious gum infection (periodontitis). Taking mangosteen by mouth or applying a gel containing mangosteen to the gums might help improve gum health.  
  
There is interest in using mangosteen for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful.  
  
  
Is it safe?  
When taken by mouth: Mangosteen is possibly safe when taken for up to 12 weeks. It might cause constipation, bloating, nausea, vomiting, and tiredness.  
When applied to the gums: Mangosteen gel is possibly safe.  
Special precautions & warnings:  
Pregnancy and breast-feeding: There isn't enough reliable information to know if mangosteen is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.  
Bleeding disorders: Mangosteen might slow blood clotting. Taking mangosteen might increase the risk of bleeding in people with bleeding disorders.  
Surgery: Mangosteen might slow blood clotting. Taking mangosteen might increase the risk of bleeding during or after surgery. Stop taking mangosteen 2 weeks before surgery.  
  
  
Are there interactions with medications?  
ModerateBe cautious with this combination.Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs)Mangosteen might slow blood clotting. Taking mangosteen along with medications that also slow blood clotting might increase the risk of bruising and bleeding.MinorBe watchful with this combination.Donepezil (Aricept)Mangosteen might increase the effects of donepezil.  
  
  
Are there interactions with herbs and supplements?  
Herbs and supplements that might slow blood clottingMangosteen might slow blood clotting and increase the risk of bleeding. Taking it with other supplements with similar effects might increase the risk of bleeding in some people. Examples of supplements with this effect include garlic, ginger, ginkgo, nattokinase, and Panax ginseng.  
  
  
Are there interactions with foods?  
There are no known interactions with foods.  
  
  
How is it typically used?  
Mangosteen has most often been used by adults in doses of up to 560 mg by mouth daily, for up to 12 weeks. Speak with a healthcare provider to find out what dose might be best for a specific condition.  
  
  
Other names  
Amibiasine, Fruit des Rois, Garcinia mangostana, Jus de Xango, Mang Cut, Manggis, Manggistan, Mangosta, Mangostan, Mangost n, Mangostana, Mangostanier, Mangostao, Mangostier, Mangoustan, Mangoustanier, Mangouste, Mangoustier, Manguita, Meseter, Queen of Fruit, Queen of Fruits, Sementah, Semetah, Xango, Xango Juice.  
  
  
Methodology  
  
 To learn more about how this article was written, please see the Natural Medicines Comprehensive Database methodology.   
   
  
  
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