Malabar tamarind - Garcinia gummi-gutta

Malabar tamarind - Garcinia gummi-gutta Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section. (PDF Version - 36 K) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant. Date July 31, 2018 Proper name(s), Common name(s), Source material(s) Table 1. Proper name(s), Common name(s), Source material(s) Proper name(s) Common name(s) Source material(s) Proper name(s) Part(s) Garcinia gummi-gutta Malabar tamarind Garcinia gummi-gutta Fruit peel References: Proper name: USDA 2018, McGuffin et al. 2000; Common name: USDA 2018; Source material: Hayamizu et al. 2008. Route of administration Oral Dosage form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document. Use(s) or Purpose(s) Could help to temporarily increase satiety/feeling of fullness (Gatta et al. 2009). Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Methods of preparation: Standardized extracts 2-3 grams of extract standardized to 50-60% hydroxycitric acid, per day; 1.5-2 grams of extract per single dose (Kim et al. 2011; Gatta et al. 2009; Ishii et al. 2003; Heymsfield et al. 1998). Directions for use Take before meals. Duration of use No statement required. Risk information Caution(s) and warning(s) Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding. Contraindication(s) No statement required. Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the current NNHPD Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions No statement required. Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID . References cited Gatta B, Zuberbuehler C, Arnold M, Aubert R, Langhans W, Chapelot D. Acute effects of pharmacological modifications of fatty acid metabolism on human satiety. British Journal of Nutrition 2009; 101: 1867-1877 Hayamizu K, Tomi H, Kaneko I, Shen M, Soni MG, Yoshino G. Effects of Garcinica cambogia extract on serum sex hormones in overweight subjects. Fitoterapia 2008; 79: 255-261 Heymsfield SB, Allison DB, Vasselli JR, Pietrobelli A, Greenfield D, Nunez C. Garcinia cambogia (Hydroxycitric acid) as a potential antiobesity agent, a randomized controlled trial. Journal of the American Medical Association 1998; 280(18): 1596-1600 Ishii Y, Kaneko I, Shen M, Hayamizu K, Shigematsu N, Tomi H, Yoshino G, Shimaski H. Safety of Garcinia cambogia extract in healthy volunteers: High-dose administration study II. Journal of Oleo Science 2003; 52(12): 663-671 Kim JE, Jeon SM, Park KH, Lee WS, Jeong TS, McGregor RA, Choi MS. Does Glycine max leaves or Garcinia Cambogia promote weight-loss or lower plasma cholesterol in overweight individuals: a randomized control trial. Nutrition Journal 2011; 10: 94 McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce. 2 nd edition. Silver Spring (MD): American Herbal Products Association; 2000. USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). Garcinia gummi-gutta L [Internet]. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 June 1]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl References reviewed Antonio J, Colker M, Torina GC, Shi Q, Brink W, Kalman D. Effects of a standardized guggulsterone phosphate supplement on body composition in overweight adults: a pilot study. Current Therapeutic Research 1999; 60: 220-227 ASHP 2005: American Society of Health-System Pharmacists. American Hospital Formulary Service (AHFS) Drug Information. Philadelphia (PA): Lippincott Williams and Wilkins; 2005 Asghar M, Monjok E, Kouamou G, Ohia SE, Bagchi D, Lokhandwala MF. Super CitriMax (HCA-SX) attenuates increases in oxidative stress,

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MEDICINAL INGREDIENT(S)

Must be chosen from the current NNHPD Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions No statement required.

DOSAGE FORM(S)

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

DOSE(S)

Hayamizu K, Ishii Y, Shigematsu N, Okuhara Y, Tomi H, Furuse M, Yoshino G, Shimasaki H. Safety ofGarcinia cambogiaextract in healthy men: high-doses administration study I. Journal of Oleo Science. 2003a; 52(9): 499-504 Hayamizu K, Ishii Y, Kaneko I, Shen M, Okuhara Y, Shigematsu N, Tomi H, Furuse M, Yoshino G, Shimasaki H. Effects ofGarcinia cambogia(Hydroxycitric acid) on visceral fat accumulation: A double-blind, randomized, placebo-controlled trial. Current Therapeutic Research 2003b; 64 (8): 551-567 HC 2011: Health Canada. Canada Vigilance Adverse Reaction Online Database. Ottawa (ON): Marketed Health Products Directorate, Health Canada; 2011. [Accessed 2012 January 9]. Available from:http://webprod3.hc-sc.gc.ca/arquery-rechercheei/index-eng.jsp IOM 2005: Institute of Medicine. Panel on Dietary Reference Intakes for Electrolytes and Water, and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Washington (DC): National Academies Press. Jena BS, Jayaprakasha GK, Singh RP, Sakariah KK. Chemistry and biochemistry of (-)-hydroxycitric acid fromGarcinia. Journal of agricultural and food chemistry 2002; 50: 10-22 Kaats G, Pullin D, Parker L, Keith S. 1996 [as reviewed in Heymsfield et al. 1998 and Soni et al. 2004] Kiyose C, Ogino S, Kubo K, Takeuchi M, Saito M. Relationship betweenGarcinia cambogia-induced impairment of spermatogenesis and meiosis-activating sterol production in rat testis. Journal of clinical biochemistry and nutrition 2006; 38: 180-187 Kovacs EMR, Westerterp-Plantenga MS. Effects of (-)-hydroxycitrate on net fat synthesis as de novo lipogenesis. Physiology & Behaviour 2006; 88(4-5): 371-381 Kovacs EM, Westerterp-Plantenga MS, Saris WH. The effects of 2-week ingestion of (-)-hydroxycitrate and (-)-hydroxycitrate combined with medium-chain triglycerides on satiety, fat oxidation, energy expenditure and body weight. International journal of obesity and related metabolic disorders : journal of the International Association for the Study of Obesity 2001; 25(7): 1087-94 Kovacs EMR, Westerterp-Plantenga MS, de Vries M, Brouns F, Saris WHM. Effects of 2-week ingestion of (-)-hydroxycitrate and (-)-hydroxycitrate combined with medium-chain triglycerides on satiety and food intake. Physiological & Behaviour 2001b; 74: 543-549 Kriketos AD, Thompson HR, Greene H, Hill JO. (-)-hydroxycitric acid does not

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2003; 67(9): 1999-2001 Toromanyan E, Aslanyan G, Arroyan E, Gabrielyan E, Panossian A. Efficacy of Slim339 in reducing body weight of overweight and obese human subjects. Phytotherapy Research 2007; 21: 1177-1181 van Loon LJC, van Rooijen JJM, Niesen B, Verhagen H, Saris WHM, Wagenmakers AJM. Effects of acute (-)-hydroxycitrate supplementation on substrate metabolism at rest and during exercise in humans. American Journal of Clinical Nutrition. 2000; 72: 1445-14450 Vasques CA, Rossetto S, Halmenschlager G, Linden R, Heckler E, Fernandez MS, Alonso JL. Evaluation of the pharmacotherapeutic efficacy ofGarcinia cambogiaplus Amorphophallus konjac for the treatment of obesity. Phytotherapy Research 2008; 22(9): 1135-40 Venkateswara Rao G, Karunakara AC, Santhosh Babu RR, Ranjit D, Chandrasekara Reddy G. Hydroxycitric acid lactone and its salts: preparation and appetite suppression studies. Food Chemistry 2010; 120: 235-239 Westerterp-Plantenga MS, Kovacs EMR. The effect of (-)-hydroxycitrate on energy intake and satiety in overweight humans. International Journal of Obesity. 2002; 870-872

RISK INFORMATION

Caution(s) and warning(s) Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding. Contraindication(s) No statement required. Known adverse reaction(s) No statement required.

NON-MEDICINAL INGREDIENTS

Must be chosen from the current NNHPD Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions No statement required.

STORAGE CONDITION(S)

No statement required.

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in theNatural and Non-prescription Health Products Directorate (NNHPD)Quality of Natural Health Products Guide.The medicinal ingredient must comply with the requirements outlined in theNHPID.

REFERENCES

Route of administration Oral

Proper name(s)	Common name(s)	Source material(s)	
Proper name(s)	Part(s)		

Garcinia gummi-gutta	Malabar tamarind	Garcinia gummi-gutta	Fruit peel