



NATURAL HEALTH PRODUCT

AFRICAN WILD MANGO – *IRVINGIA GABONENSIS*

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 the statements are synonymous. Either term or statement may be selected by the applicant.

Date

January 20, 2015

Proper name(s)

Irvingia gabonensis (Aubry-Lecomte ex O'Rorke) Baill. (Irvingiaceae) (USDA 2011)

Common name(s)

African wild mango (USDA 2011)

Source material(s)

Seed (Ross 2011; Ngondi *et al.* 2009; Oben *et al.* 2008a,b; Ekpo *et al.* 2007; Ngondi *et al.* 2005)

Route(s) of administration

Oral

Dosage form(s)

- ▶ The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- ▶ This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.



Use(s) or Purpose(s) Statement(s) to the effect of

- ▶ Could be a complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program (Ross 2011; Ngondi *et al.* 2009, Ngondi *et al.* 2005).
- ▶ Helps support healthy cholesterol levels/Helps support cardiovascular health by reducing total and LDL cholesterol (Ross 2011; Ngondi *et al.* 2009; Ngondi *et al.* 2005).
- ▶ Helps support healthy glucose levels (Ross 2011; Ngondi *et al.* 2009; Adamson *et al.* 1986).
- ▶ Source of/Provides antioxidants (Atawodi 2011; Agbor *et al.* 2005).

Dose(s) Statement(s) to the effect of

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Weight management, cholesterol, glucose

Extract dry standardized

150 mg, twice per day, standardized to 7% albumin (Ross 2011; Ngondi *et al.* 2009; Oben *et al.* 2008a,b)

Antioxidant

Dry, Powder, Decoction, Fluid extract, Tincture, Extract dry, Extract liquid

Up to 3.15 g dried seed, per day (Ekpe *et al.* 2007; Ekpo *et al.* 2007; Ngondi *et al.* 2005)

Directions for use

Weight management, cholesterol, glucose

Take before meals (Ross 2011; Ngondi *et al.* 2009; Oben *et al.* 2008a,b; Ngondi *et al.* 2005; Adamson *et al.* 1986).

Duration of use

No statement required.

Risk information Statement(s) to the effect of

Caution(s) and warning(s)



- ▶ If you are breastfeeding, consult a health care practitioner prior to use.
- ▶ If you have diabetes, consult a health care practitioner prior to use (Ross 2011; Ngondi *et al.* 2009; Adamson *et al.* 1986).

Antioxidant, cholesterol, glucose

If you are pregnant, consult a health care practitioner prior to use.

Contraindication(s)

Weight management

If you are pregnant, do not use this product.

Known adverse reaction(s)

If you experience symptoms of hypoglycaemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache, discontinue use (Adamson *et al.* 1986; Ngondi *et al.* 2009; Oben *et al.* 2008a,b).

Non-medicinal ingredients

Non-medicinal ingredients must be chosen from the current 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

Adamson I, Okafor C, Abu-Bakare A. Erythrocyte membrane ATPases in diabetes: effect of dikanut (*Irvingia gabonensis*). *Enzyme* 1986; 36(3): 212-215.



Agbor, GA, Oben JE, Ngogang JY, Xinxing C, Vinson JA. Antioxidant capacity of some herbs/spices from Cameroon: a comparative study of two methods. *Journal of Agricultural and Food Chemistry* 2005; 53(17): 6819-6824.

Atawodi, SE. Polyphenol content and in vitro antioxidant activity of methanol extract of seeds of *Irvingia gabonensis* Baill. of Nigerian origin. *Electronic Journal of Environmental, Agricultural and Food Chemistry* 2011; 10(6): 2314-2321.

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Ekpo IW, Amor ID, Morah FNI. Seed oils and nutritive studies on the seeds of *Gabonensis* and *Wombolu* varieties of *Irvingia gabonensis*. *The Nigerian Academic Forum* 2007; 13(1): 1-137.

Ngondi JL, Oben JE, Minka SR. The effect of *Irvingia gabonensis* seeds on body weight and blood lipids of obese subjects in Cameroon. *Lipids in Health and Disease* 2005; 4:12.

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Ross MS. A proprietary seed extract of *Irvingia gabonensis* is found to be effective in reducing body weight and improving metabolic parameters in overweight humans. *Holistic Nursing Practice* 2011; 235(4): 215-217.

USDA 2011: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). [Internet]. National Germplasm Resources Laboratory, Beltsville (MD). [*Irvingia gabonensis*. Last updated 2011 May 9; Accessed 2014 July 23]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

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Adamson I, Okafor C, Abu-Bakare A. A supplement of *Dikanut* (*Irvingia gabonensis*) improves treatment of type II diabetics. *West African Journal of Medicine* 1990; 9(2): 108-115.



Kothari SC, Shivarudraiah P, Venkataramaiah SB, Gavara S, Soni MG. Subchronic toxicity and mutagenicity/genotoxicity studies of *Irvingia gabonensis* extract (IGOB131). *Food and Chemical Toxicology* 2012; 50: 1468-1479.

Leung, Woot-tsuen Wu. & Leung, Woot-tsuen Wu. & Food and Agriculture Organization of the United Nations. Food Consumption and Planning Branch. & United States. Nutrition Program. Food composition table for use in Africa; a research project sponsored jointly by U.S. Dept. of Health, Education, and Welfare, Nutrition Program, and Food Consumption and Planning Branch, Food and Agriculture Organization of the United Nations. Bethesda, Md 1968.

Onakpoya I, Davies L, Posadzki P, Ernst E. The efficacy of *Irvingia gabonensis* supplementation in the management of overweight and obesity: A systematic review of randomized controlled trials. *Journal of Dietary Supplements* 2013; 10(1): 29-38.