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)


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**


Oben JE, Ngondi JL, Blum K. Inhibition of Irvingina gabonensis seed extract (OB131) on adipogenesis as mediated via down regulation of the PPARgamma and leptin genes and up-regulation of the adiponectin gene. Lipids in Health and Disease 2008a; 7:44.


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 Nursery Practice 2011; 235(4): 215-217.


References reviewed

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.
