

NATURAL HEALTH PRODUCT

CALCIUM-POTASSIUM SALT OF HYDROXYCITRIC ACID

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 July 3, 2013

Proper name(s)

Calcium-Potassium Salt of Hydroxycitric Acid (Preuss et al. 2004a; Preuss et al. 2004b)

Common name(s)

Calcium-Potassium Salt of Hydroxycitric Acid (Preuss et al. 2004a; Preuss et al. 2004b)

Source material(s)

- ▶ Synthetic
- ▶ *Garcinia gummi-guta* (L.) N. Robson (Clusiaceae) (syn. *Garcinia cambogia* Desr.) fruit rind (Hayamizu et al. 2008; Preuss et al. 2004a; Preuss et al. 2004b)

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 help to temporarily increase satiety/feeling of fullness (Westerterp-Plantega and Kovacs 2002).

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

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

500-2000 mg per dose, 1500-5000 mg per day (Preuss et al. 2004a; Preuss et al. 2004b; Westerterp-Plantega and Kovacs 2002)

Potency:

- 60% Hydroxycitric acid
- 11% Calcium
- 16% Potassium

Directions for use

- ▶ Take before meals (Martindale 2009; CPA 2001).
- ▶ Take a few hours before or after taking other medications (Martindale 2009; ASHP 2005).

Duration of use

No statement required.

Risk information Statement(s) to the effect of

Caution(s) and warning(s)

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

Contraindication(s)

Products providing 350-747 mg potassium per day or more than 200 mg potassium per dose:



If you have gastrointestinal ulceration or obstruction, do not use this product (Martindale 2009; CPA 2001).

Known adverse reaction(s)

Products providing 350-747 mg potassium per day or more than 200 mg potassium per dose: May cause nausea, vomiting, diarrhea, abdominal cramps; if symptoms are severe, discontinue use and consult a healthcare practitioner (Martindale 2009; CPA 2001).

Non-medicinal ingredients

Must be chosen from the current NHPD *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 NHPD *Quality of Natural Health Products Guide*.
- ▶ The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

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