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)**

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

**Dose(s)**

**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**

**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).

**References cited**


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