



NATURAL HEALTH PRODUCT

MALABAR TAMARIND – *GARCINIA GUMMI-GUTTA*

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

August 9, 2013

Proper name(s)

Garcinia gummi-gutta (L.) N. Robson (Clusiaceae) (USDA 2013)
(Synonym: *Garcinia cambogia* Desr (USDA 2013; McGuffin et al. 2000))

Common name(s)

Malabar tamarind (USDA 2013)

Source material(s)

Fruit rind (Hayamizu et al. 2008)

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 (Gatta et al. 2009).

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

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Standardized Extracts

1.5-2 g extract per dose standardized to 50-60% hydroxycitric acid, 2 to 3 g of standardized extract per day (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 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)

No statement required.

Known adverse reaction(s)

No statement required.



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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