

## NATURAL HEALTH PRODUCT

### GREEN COFFEE BEAN EXTRACT

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 label at the applicant's discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

#### Date

October 31, 2025

#### Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

| Proper name(s)            | Common name(s)            | Source information                                                                                           |         |
|---------------------------|---------------------------|--------------------------------------------------------------------------------------------------------------|---------|
|                           |                           | Source material(s)                                                                                           | Part(s) |
| Green coffee bean extract | Green coffee bean extract | <ul style="list-style-type: none"> <li>• <i>Coffea arabica</i></li> <li>• <i>Coffea canephora</i></li> </ul> | Seed    |

References: Proper name: Kozuma et al. 2005; Common name: Kozuma et al. 2005; Source information: USDA 2025; Thom 2007; Kozuma et al. 2005.

#### Route of administration

Oral

#### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

## Use(s) or Purpose(s)

- 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 (Thom 2007; Dellalibera et al. 2006).
- Helps maintain healthy blood pressure levels (Mubarak et al. 2012; Watanabe et al. 2006; Kozuma et al. 2005).
- Helps support cardiovascular health (Mubarak et al. 2012; Watanabe et al. 2006; Kozuma et al. 2005).
- Source of antioxidants/Provides antioxidants (Farah et al. 2008; Castelluccio et al. 1995).
- Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Farah et al. 2008; Castelluccio et al. 1995).

**Note:** The above uses can be combined on the product label (e.g., Helps maintain healthy blood pressure levels and support cardiovascular health).

## Restrictions when this monograph is combined with other monographs (Class II and III applications):

- If a weight management claim is made:
  - Weight management is a long-term process and must therefore, be associated with a long-term intervention.
  - Medicinal ingredient with diuretic properties may be included in weight management products, however no diuretic claim can be applied as it is associated with a short-term duration of use (occasional use only).
  - Stimulant laxatives cannot be present at therapeutic dose in weight management products as their short term duration of use is not compatible with the duration of use for weight management.

## Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

*Antioxidant*

**Methods of preparation:** Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

Not to exceed 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% of caffeine (Thom 2007).

### *Weight Management*

**Methods of preparation:** Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

400 – 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% caffeine (Thom 2007; Dellalibera et al. 2006).

### *Blood pressure; Cardiovascular health*

**Methods of preparation:** Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

115 – 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% caffeine (Thom 2007; Watanabe et al. 2006; Kozuma et al. 2005).

### **Note**

### *Blood pressure; Cardiovascular health*

Green coffee bean extract (maximum 4% caffeine) cannot be combined with caffeine or other medicinal or non-medicinal ingredients containing caffeine.

### **Direction(s) for use**

No statement required.

### **Duration(s) of use**

No statement required.

### **Risk information**

### **Caution(s) and warning(s)**

**Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding.**

### **Contraindication(s)**

**Do not use if you are pregnant.**

**Known adverse reaction(s)**

No statement required.

**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**

Must be established in accordance with the requirements described in the *Natural Health Products Regulations*.

**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.

## EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

| <b>Product Facts</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                    |       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| <b>Medicinal ingredient</b> in each capsule                                                                                                                                                                                                                                                                                                                                                                                                                             |       |
| <i>Coffea arabica</i> (Green coffee bean extract – seed)                                                                                                                                                                                                                                                                                                                                                                                                                | XX mg |
| Providing YY % chlorogenic acids and ZZ % caffeine                                                                                                                                                                                                                                                                                                                                                                                                                      |       |
| <b>Uses</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                             |       |
| <ul style="list-style-type: none"> <li>• Could complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program.</li> <li>• Helps maintain healthy blood pressure levels.</li> <li>• Helps support cardiovascular health.</li> <li>• Source of antioxidants.</li> <li>• Source of antioxidants that help fight the oxidative damage caused by free radicals.</li> </ul> |       |
| <b>Warnings</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |       |
| <b>If applicable<sup>1</sup>:</b>                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |
| <b>Allergens: food allergen, gluten (gluten source), sulphites</b>                                                                                                                                                                                                                                                                                                                                                                                                      |       |
| <b>Contains aspartame</b>                                                                                                                                                                                                                                                                                                                                                                                                                                               |       |
| <b>Do not use if</b> you are pregnant.                                                                                                                                                                                                                                                                                                                                                                                                                                  |       |
| <b>Ask a health care practitioner before use if</b> you are breastfeeding.                                                                                                                                                                                                                                                                                                                                                                                              |       |
| <b>Directions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                       |       |
| Adults 18 years and older: Take X capsule(s), X time(s) per day.                                                                                                                                                                                                                                                                                                                                                                                                        |       |
| <b>Other information</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                |       |
| (Add storage information)                                                                                                                                                                                                                                                                                                                                                                                                                                               |       |
| <b>Non-medicinal ingredients</b>                                                                                                                                                                                                                                                                                                                                                                                                                                        |       |
| List all NMIs                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |
| <b>Questions?</b> (Call) 1-XXX-XXX-XXXX                                                                                                                                                                                                                                                                                                                                                                                                                                 |       |

<sup>1</sup>This section can be removed from the table if the product contains no allergen or aspartame.

## References cited

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