Health Canada Santé Canada

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 statements are synonymous. Either term or statement may be selected by the applicant.

Date June 3, 2019

Proper name(s), Common name(s), Source material(s)

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

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
Irvingia gabonensis	African wild mango	*Irvingia gabonensis*	Seed	Dried

References: Proper name: USDA 2019; Common name: USDA 2019; Source material: Ross 2011, Ngondi et al. 2009, Oben et al. 2008a, b, Ekpo et al. 2007, Ngondi 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 the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

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 (Ross 2011; Ngondi et al. 2009, Ngondi et al. 2005).
- Helps support healthy cholesterol levels/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).

The following combined use(s) or purpose(s) is/are also acceptable:

Helps support healthy glucose and cholesterol levels (Ross 2011; Ngondi et al. 2009; Ngondi et al. 2005; Adamson et al. 1986)

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Weight management, cholesterol, glucose

Method of preparation: Standardized Dry Extracts

150 milligrams of dry extract standardized to 7% albumin, two times per day (Ross 2011; Ngondi et al. 2009; Oben et al. 2008a, b).

Antioxidant

Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Not to exceed 3.15 grams of dried seed, per day (Ekpe et al. 2007; Ekpo et al. 2007; Ngondi et al. 2005).

Direction(s) 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(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

All products

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding or have diabetes (Ross 2011; Ngondi et al. 2009; Adamson et al. 1986).

Antioxidant, cholesterol, glucose

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant.

Contraindication(s)

Weight management

Do not use this product if you are pregnant.

Known adverse reaction(s)

Stop use if you experience symptoms of hypoglycaemia including feelings of anxiety, dizziness, tremor, sweating, nausea or headache (Adamson et al. 1986; Ngondi et al. 2009; Oben et al. 2008a,b).

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

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