

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

Date July 31, 2018

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)	Common name(s)	Part(s)	Preparation
<ul style="list-style-type: none"> ▶ Calcium/Potassium Salt of Hydroxycitric Acid ▶ Calcium-potassium salt of (-)-hydroxycitric acid 	<ul style="list-style-type: none"> ▶ Calcium/Potassium Salt of Hydroxycitric Acid ▶ Calcium-potassium salt of (-)-hydroxycitric acid 	<i>Garcinia gummi-gutta</i>	N/A	Fruit peel	
		N/A	Calcium-potassium salt of (-)-hydroxycitric acid	N/A	Synthetic

References: Proper names: Preuss et al. 2004a, Preuss et al. 2004b; Common names: Preuss et al. 2004a, Preuss et al. 2004b; Source materials: Hayamizu et al. 2008, Preuss et al. 2004a, Preuss et al. 2004b.

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

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

1500-5000 milligrams, per day; Not to exceed 500-2000 milligrams per single dose (Preuss et al. 2004a; Preuss et al. 2004b; Westerterp-Plantega and Kovacs 2002).

Potency:

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

Direction(s) for use

Take before meals, a few hours before or after taking other medications or natural health products (Martindale 2009; ASHP 2005; CPhA 2001).

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

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

Contraindication(s)

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

Do not use this product if you have gastrointestinal ulceration or obstruction (Martindale 2009; CPhA 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; stop use and consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms are severe (Martindale 2009; CPhA 2001).

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.



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