

Australian TGA

In this guide

[In this guide](#)

1. [Background and Introduction - Garcinia cambogia](#)
2. [Chemical composition - Garcinia cambogia](#)
3. [Data from authoritative bodies - Garcinia cambogia](#)
4. [Chemical composition of the plant - Garcinia cambogia](#)
5. [Regulatory status in different fields of use and geographic regions - Garcinia cambogia](#)
6. [Adverse effects linked to the consumption of G. cambogia Desr. - Garcinia cambogia](#)
7. [Data published in the literature - Garcinia cambogia](#)
8. [Clinical trials - Garcinia cambogia](#)
9. [Drug interactions - Garcinia cambogia](#)
10. [Conclusions of the Plants WG and the Human Nutrition Expert Committee - Garcinia cambogia](#)
11. [Conclusions of ANSES - Garcinia cambogia](#)
12. [AESAN - Garcinia cambogia](#)
13. [Australian TGA - Garcinia cambogia](#)
14. [BfR \(German Federal Institute for Risk Assessment\) - Garcinia cambogia](#)
15. [EFSA - Garcinia cambogia](#)
16. [Health Canada - Garcinia cambogia](#)
17. [NCCIH - Garcinia cambogia](#)
18. [Data from literature search - Garcinia cambogia](#)
19. [Exposure - Garcinia cambogia](#)
20. [Risk Characterisation - Garcinia cambogia](#)
21. [Questions to the Committee - Garcinia cambogia](#)
22. [Abbreviations - Garcinia cambogia](#)
23. [References - Garcinia cambogia](#)

This is a discussion paper. It does not reflect the views of the Committee. It should not be cited.

98. The Australian Department of Health, Disability and Ageing Therapeutic Goods Administration (TGA) have also been aware of an increasing number of cases in scientific literature, by consumers who had taken products containing *G. gummi-gutta* or HCA. One of the five cases which reported liver transplantation was an Australian case. In response, the TGA completed an investigation into the risk of liver injury for the ingredient *G. gummi-gutta* (*G. cambogia*) and its naturally occurring component HCA. They concluded that “available evidence shows that there may be a rare risk of liver injury from taking *Garcinia gummi-gutta* (*Garcinia cambogia*).” (TGA, 2024a).

99. The TGA states that they will continue to monitor the issue and considering further regulatory action following a consultation on proposed requirements for a label warning. The consultation has ended, and final changes commenced 1st of March 2025, and a 12-month transition period was given to ensure product compliance. These changes are: 1) replacing “rare” with “very rare”; 2) provisions relating to liver-related warnings, and 3) references to the plant part for *G. gummi-gutta* will be changed from “rind of the fruit” to “fruit peel” to align with the plant parts in the TGA Code Tables (TGA, 2024b).