EFSA

In this guide

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

104. The EFSA are currently in the process of writing a scientific opinion on the evaluation of the safety in use of hydroxycitric acid and plant preparations containing hydroxycitric acid (under EFSA query: EFSA-Q-2022-00805). The protocol of which has been published in 2023 (EFSA, 2023a). In brief, the protocol is based on a narrative review of the evidence and on expert knowledge. The overarching risk assessment questions are:

a) Is there a link between dietary exposure to HCA and adverse effects on health?

b) Is there a link between consumption of HCA in the plant preparations listed in Table 1 (of EFSA, 2023a, briefly covers *G. gummigutta (L.) N.Robson*, *G. indica (Thouars) Choisy*, *G. mangostana L.*, *Hibiscus sabdariffa L.* with their respective plant parts e.g. fruit, resin, peel, flower, leaf, seed, bloom, twig) and adverse effects on health?

c) What is the maximum level of total chronic dietary exposure (i.e. over a substantial part of the lifespan) to HCA and HCA in plant preparations and foods containing HCA, which is unlikely to pose a risk of adverse effects to humans?

105. In 2023, EFSA issued a call for data specifically for: occurrence data (analytical data on the content of HCA in plant preparations and food, including food supplements); use of levels of supplements (use levels recommended by manufacturers for food supplements containing HCA) and biological and toxicological data (to support the assessment of a causal relationship between dietary exposure to HCA as single substance and/or in plant preparations and the a priori identified adverse effects, including data on absorption, digestion, absorption and metabolism for HCA and within the food matrix). The call for evidence ended on the 12th of January 2024 (EFSA, 2023b).

106. Publicly available minutes for the EFSA Scientific Panel on Nutrition, Novel Foods and Allergens show that the Working Group on substances other than vitamins and minerals last discussed the draft opinion on the 4th of June 2025 (EFSA, 2025).