

Health Canada

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

107. An entry was found in Health Canada's Licensed Natural Health Products Database for brand name *G. Cambogia* produced by New Roots Herbal Inc (Applicant) (Health Canada, 2024a). The accompanying monograph to which the Applicant attested to provides details on the dosage form and quantities. The route of administration is oral and can be taken by adults 18 years and older. The recommended dose is 2-3 grams of extract standardized to 50-60% hydroxycitric acid, per day; 1.5-2 grams of extract per single dose and is to be taken before meals.

108. These dose range were based on the studies by (Kim et al., 2011; Gatta et al., 2009; Ishii et al., 2003; Heymsfield et al., 1998).

109. Health Canada states that the 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 authorisation. It is not intended to be a comprehensive review of the medicinal ingredient." (Health Canada, 2018, 2024b)