

NCCIH

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

110. The United States National Centre for Complementary and Integrative Health (US NCCIH) states that “it may be unsafe to consume garcinia cambogia products, including multi-ingredient products containing garcinia cambogia extract. Several cases of liver damage have been reported. Some of these cases were severe, but this appears to be uncommon.”

111. Other reported side effects include headache, nausea, diarrhoea, and other gastrointestinal symptoms. Interactions between *G. cambogia* and some drugs affecting the liver and serotonin have been reported. Limited information is available on the safe use of *G. cambogia* during pregnancy or while breastfeeding (US NCCIH, 2025).