

# Clinical trials

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

71. Several clinical trials have investigated the pharmacological effects of *G. cambogia* (Girola *et al.*, 1996; Hayamizu *et al.*, 2008; Heymsfield *et al.*, 1998). Most patients either reported no adverse events or showed no significant difference from the control group.

72. Cheng *et al.*, (2012) assessed the effects of a single oral HCA supplementation on postprandial glycogen synthesis in skeletal muscle in physically active men. Eight men aged on average 22 years (mean BMI 25.2 kg/m<sup>2</sup>) and in apparent good health were dosed with 500 mg of HCA, immediately after exercise. They noted an increase in fat oxidation after HCA supplementation and suggested this may present a risk of increased ketosis in patients with severe diabetes.

73. In another study (phase I observational study), 10 healthy men aged 26-56 years with no digestive disorders received 3,000 mg/day of HCA for 30 days. Although the measured parameters: anthropometric indices, clinical examinations, and serum testosterone levels remained unchanged, two subjects experienced anorexia and a third reported a headache (Hayamizu *et al.*, 2003).