

Conclusions of the Plants WG and the Human Nutrition Expert Committee

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

87. The Plants WG and the Human Nutrition Expert Committee:

- Noted that the EU has not harmonised the lists of authorised plants and plant parts for *G. cambogia* Desr., nor their uses and doses in food supplements, or the related restrictions and warnings. Therefore, they recommended proper characterisation of the raw material, including measuring HCA and conducting a botanical identification utilising appropriate analytical techniques to discriminate between the different species.
- Highlighted that many of the reported studies in the literature and vigilance reports poorly characterise *G. cambogia* Desr., extracts and thus urge operators to clearly define their extracts by detailing the composition and specifying the exact production conditions, including the extraction and purification methods and the solvents used.
- Noted that only HCA has been investigated in clinical studies, other components may contribute to adverse reactions. They recommended conducting studies on constituents found in fruit extracts—particularly benzophenones and polyisoprenylated xanthenes to investigate and clarify their potential role in adverse reactions.
- Noted that there is ambiguity in the plant parts present in *G. cambogia* Desr., food supplements.
- Advise individuals with psychiatric disorders, certain cardiometabolic diseases (diabetes, obesity, hypertension), and those with a history of pancreatitis or hepatitis to not consume food products (including supplements) containing *G. cambogia* Desr., based on the information from the literature and various vigilance systems.
- Further advise against the use of food supplements containing *G. cambogia* Desr., in children and pregnant or breastfeeding women [due to the lack of information].
- Recommend not combining the intake of *G. cambogia* Desr., with other hepatotoxic ingredients or foods (such as green tea extract, red yeast rice, turmeric or sources of coumarin).
- Recommended to avoid the use of this plant in combination with drugs known to affect liver function, anti-depressants, and antiretrovirals. More broadly, those taking drugs that are substrates of CYP3A4, CYP2B6, and P-gp—to avoid consuming food supplements containing *G. cambogia* Desr. They

also warn that *G. cambogia* may interact with substrates of CYP1A2, CYP2C9, and CYP2D6, and emphasise that these interactions remain a credible risk.

88. The Plants WG and the Human Nutrition Expert Committee reiterate the opinion of ANSES on slimming diets. Any weight-loss programme requires specialist medical support.