

Conclusions of ANSES

In this guide

[In this guide](#)

1. [Background and Introduction - *Garcinia cambogia*](#)
2. [Chemical composition - *Garcinia cambogia*](#)
3. [Data from authoritative bodies - *Garcinia cambogia*](#)
4. [Chemical composition of the plant - *Garcinia cambogia*](#)
5. [Regulatory status in different fields of use and geographic regions - *Garcinia cambogia*](#)
6. [Adverse effects linked to the consumption of *G. cambogia* Desr. - *Garcinia cambogia*](#)
7. [Data published in the literature - *Garcinia cambogia*](#)
8. [Clinical trials - *Garcinia cambogia*](#)
9. [Drug interactions - *Garcinia cambogia*](#)
10. [Conclusions of the Plants WG and the Human Nutrition Expert Committee - *Garcinia cambogia*](#)
11. [Conclusions of ANSES - *Garcinia cambogia*](#)
12. [AESAN - *Garcinia cambogia*](#)
13. [Australian TGA - *Garcinia cambogia*](#)
14. [BfR \(German Federal Institute for Risk Assessment\) - *Garcinia cambogia*](#)
15. [EFSA - *Garcinia cambogia*](#)
16. [Health Canada - *Garcinia cambogia*](#)
17. [NCCIH - *Garcinia cambogia*](#)
18. [Data from literature search - *Garcinia cambogia*](#)
19. [Exposure - *Garcinia cambogia*](#)
20. [Risk Characterisation - *Garcinia cambogia*](#)
21. [Questions to the Committee - *Garcinia cambogia*](#)
22. [Abbreviations - *Garcinia cambogia*](#)
23. [References - *Garcinia cambogia*](#)

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

89. In brief, ANSES highlighted the inconsistency of the regulatory status of the plant *G. cambogia* Desr., (also known as *G. gummi-gutta* (L.) N. Robson) in France. ANSES further noted that since 2012, the import, preparation, prescription and dispensing of medicines or preparations containing *G. cambogia* Desr., have been prohibited in France, as these preparations have not proven their efficacy and may expose the patient to health risks.

90. Based on the conclusions of the Human Nutrition Expert Committee and the Plants WG, ANSES advises against using *G. cambogia* Desr., products in individuals with psychiatric disorders, cardiometabolic conditions (diabetes, obesity, hypertension), or a history of pancreatitis or hepatitis. Use is also discouraged for those on liver-affecting drugs, antiretrovirals, or antidepressants. Given reports of severe adverse reactions in consumers without prior medical history. ANSES extends its recommendation to the entire population. It advises against consuming food supplements made from this plant or preparations containing it.

91. In general, ANSES highlights the need for European harmonisation regarding authorised plants, plant parts, uses and doses in food supplements, along with related restrictions and warnings.