

# Conclusions of ANSES

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**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.