

Annex A to TOX/2025/41

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

This annex provides a table of the available *Garcinia cambogia* (*G. cambogia*) supplements for sale in the United Kingdom only (at the time of review). It further provides information on the retailer, supplement type (e.g. capsules, tablets powder), plant part (if available), recommendations for use (i.e. recommended intake), dosage information, composition (i.e. ingredients) and any additional information and warnings.

This table should not be seen as a complete list of the available *G. cambogia* supplements. It is intended as a snapshot for the purposes of the scoping paper (TOX/2025/41).

Secretariat

October 2025

Table 1 – Full list of *Garcinia cambogia* food supplement products considered for the market analysis to scoping paper TOX/2025/41.

Supplement name	Website/retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Co
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BodyBuilding
Warehouse
Pure *Garcinia
cambogia*

[Body
Building
Warehouse](#)

Capsules - *G.
cambogia*
only.

Not 1-2 Softgels per day
provided. with food.

1000mg per
day *G.
cambogia*
(500mg per
capsule)

60% HCA/
600mg per
day (300mg
per capsule).

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UK Health
House
Garcinia
Cambogia -
High
Strength -
1000mg
Tablets 60%
HCA Max

[UK Health
House](#)

Tablets - *G.*
cambogia
only.

Not
provided.

Recommended
Dosage: Take 1-2
tablets per day with
water, do not
exceed stated dose.

2000mg per
day *G.*
cambogia
(1000mg per
tablet), 60%
HCA/ 1200mg
per day
(600mg per
tablet).

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NOW Foods,
Garcinia, 120 [iHerb](#)
Tablets

Tablets - *G.*
ambogia Fruit
only.

Take 1 tablet 1 to 3
times daily. For best
results, take 30-60
minutes before
meals.

3000mg per
day *G.*
ambogia
(1000mg per
tablet), 50%
HCA/ 1500mg
per day
(500mg per
tablet).

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Fitimins
Garcinia
Cambogia
Extract
1000mg
Capsule

[Fitimins](#)

Capsules - *G.*
cambogia Fruit
only.

Suggested Use:

Take 2 capsules a
day with a glass of
water.

2000mg per
day *G.*
cambogia
(1000mg per
capsule),
60% HCA/
1200mg per
day (600mg
per capsule)

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BioTechUSA
HCA - 100 [Welzo](#)
caps

Capsules - *G.*
ambogia Fruit
only.

Take 3 capsules
daily, 30 minutes
before a meal, with
a large glass of
water.

3000mg per
day *G.*
ambogia
(1000mg per
capsule),
60% HCA/
1800mg per
day, (600mg
per capsule).

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Woods
Supplements
Garcinia
Cambogia
1000mg

[Woods](#)
[Supplements](#)

Capsules - *G.*
cambogia Fruit
only.

Dosage is based on
website table
stating "typical per
daily dose" - so
assumed to equal
one capsule per
day.

1000mg per
day *G.*
cambogia
(1000mg per
capsule).
No HCA
content
information
provided.

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Paradise
Herbs,
Garcinia
Extract, 500 [iHerb](#)
mg, 60
Vegetarian
Capsules

Capsules - *G.*
ambogia Fruit
only.

Take 1 vegetarian
capsule 1-3 times
daily before meals
or as directed by a
qualified health care
professional.

1500mg per
day *G.*
ambogia,
(500mg per
capsule), 50%
HCA/ 750mg
per day,
(250mg per
capsule).

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Inlife Garcinia
1600 MG
Capsules - [Dista](#)
120 Capsules

Capsules - *G.*
cambogia Fruit
only.

Direction of use:
Take 1 serving (3
capsules) per day
before meal or as
directed by the
expert.

4800mg per
day *G.*
cambogia,
(1600mg per
capsule),
>60% HCA/
>2880mg per im
day (>960mg
per capsule).
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Himalaya,
Organic
Garcinia, 60
Caplets.

[iHerb](#)

Caplets - *G.*
cambogia
only.

Fruit and
leaf.

Adults take 1 caplet
twice daily after
meals.

1200mg per
day *G.*
cambogia,
(600mg per
caplet),

66% HCA/
792mg per
day (326mg
per caplet).

Breakdown:
700mg
organic
garcinia
powder (fruit
rind and leaf),
500 mg
organic
Garcinia
extract
(Fruit).

HCA content:
1% (7)
(powder) 65%
(325)
(extract).

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Swanson
Garcinia
Cambogia
5:1 Extract,
80mg - 60
caps

[Welzo](#)

Capsules - *G.*
cambogia Fruit
only.

Take one capsule of
Swanson *Garcinia*
Cambogia 5:1
Extract, 80mg
before meals with
plenty of water.

80mg per day
G. cambogia
(80mg per
capsule).
No HCA
content
information
provided.

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Sotya
Garcinia

[Naturitas](#)

Capsules - *G.*
cambogia
only.

Not
provided.

It is recommended
to take 2 or 3
capsules a day,
before meals.

750mg per
day *G.*
cambogia
(250mg per
capsule), 60%
HCA/ 450mg
per day
(150mg per
capsule).

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DR WAKDE'S
Garcinia Fruit
Powder -
100g (3.5oz)
| Pure, Raw &
Dried Powder
| Ayurvedic
Herb | Vegan
| Nothing
Added,
Nothing
Removed |
Same Day
Dispatch

[Dr Wadke's](#)

Powder - *G.*
ambogia Fruit
only.

Serving size: 1/2 to
1 teaspoon
(assumed to be 2.5-
5g as a teaspoon is
usually 5g).

Servings per
container: 20
(container is 100g,
so this supports 5g
teaspoon serving
size).

Garcinia fruit
powder per serving:
1/2 teaspoon take
with warm water,
smoothies, tea, or
juice, once or twice
daily.

10,000mg per
day *G.*

ambogia. If
pure powder, 10
then assume fru
5000-10,000
mg daily. OT
In
No

No HCA
content
information
provided.

*Garcinia
Cambogia*
1500mg |
120 Vegan
Capsules |
High
Strength 20:1 [Horbaach](#)
Whole Fruit
Powder |
Premium
Quality
Supplement |
by Horbaach

Capsules - *G.
cambogia* Fruit
only.

For adults, take 1
capsule daily,
preferably with a
meal. Do not exceed
the stated dose.

1500mg per
day *G.
cambogia*
(1500mg per
capsule).
No HCA
content
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provided.

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Black Swan
Hydroxycitric
Acid
Capsules -
500mg HCA
Garcinia
Cambogia
Enhanced [Amazon](#)
Mood Weight
Management
Metabolic
Support
Natural Food
Supplement -
30 Capsules
1 Month
Supply

Capsules - *G.*
cambogia Fruit
only.

Take 1 - 2 capsules
per day with water,
preferably with a
meal or as directed
by a doctor.

1000mg per
day HCA
(500mg per
capsule).

No *G.*
cambogia
content
information
provided.

No HCA
percentage
content
provided but
is provided in
weight.

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Swiss
Bioenergetics [Swiss](#) Capsules -
Garcinia cambogia [Bioenergetics](#) MIDS

Fruit

Take 1 Capsule
twice a day 60
minutes before
breakfast and lunch
with a glass of
water. BUT picture
of packaging states
to take 1 capsule
with a large glass of
water 30-60
minutes before each
meal 3 times daily.
Do not exceed
maximum dose of 6
capsules in any 24-
hour period.
Assumption is 6
capsules as a
maximum.

3000mg per
day *G.
cambogia*
(500mg per
capsule).

No HCA
content
information
provided.

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*Garcinia
cambogia*
complex fat
burner

[Naturitas](#)

Capsules -
MIDS.

Not
provided.

It is recommended
to take 3 capsules a
day with water.

2000mg per
day *G.*
cambogia,
(667mg per
capsule), 60%
HCA/ 1200mg
per day,
(400mg per
capsule).

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Holland &
Barrett
Garcinia
Cambogia &
Green Coffee
Bean 100
Capsules

[Holland &
Barrett](#)

Capsules -
MIDS.

Fruit

Take one capsule
twice a day, one
with breakfast and
one with lunch. Do
not exceed stated
dose.

600mg per
day *G.*
cambogia
(300mg per
capsule).
No HCA
content
information
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HERBASENSE
Garcinia
Cambogia
Plus Jar -

4500mg per
1500mg 3 times a day G.
day for fat reduction *cambogia*
and Instruction: One (1500mg per

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Sensilab
Essentials
*Garcinia
Cambogia*
1,800mg
High Dose -
Vegan, 90
Capsules

[Sensilab](#)

Capsules -
MIDS.

Not provided. Daily dose 3 capsules.

1800mg per
day *G.*
cambogia
(600mg per
capsule), 60%
HCA/ 1080mg
per day
(360mg per
capsule).

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Sensilab
Garcinia Slim [Sensilab](#)

Capsules-
MIDS.

Not
provided.

Recommended daily
intake is 1 capsule
30 minutes before
breakfast and 1
capsule 30 minutes
before lunch, with a
glass of water.

417mg per
day G.
cambogia
(209mg per
capsule). 60%
HCA/ 250mg
per day
(125mg per
capsule).

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GARCINIA
ULTRA
BLEND (with
Acai & Green [Biovea](#)
Tea) 60
Vegetarian
Capsules

Capsules -
MIDS.

Fruit

Adults take 1
capsule once or
twice daily
preferably before a
meal. Do not exceed
recommended
dosage.

200mg per
day *G.*
cambogia
(100mg per
capsule), 55%
HCA/
110mg
per day
(55mg per
capsule).

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Garcinia
Cambogia -
90 Capsules -
1500mg
Daily Dosage
- Premium
Quality
Supplement -
UK
formulated -
Vegetarian &

Capsules -
MIDS.

Fruit

Take 1 capsule with
a full glass of water
up to 3 times per
day, 30 minutes

1500mg per
day *G.*
cambogia
(500mg per
capsule).

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Apple Cider
Vinegar with
Cayenne
Pepper,
Turmeric &
Ginger Root
+ *Garcinia
Cambogia*
with Calcium,
Potassium,
Chromium,
etc. - UK
Formulated
Food
Supplements
Capsules -
Both Vegan &
Vegetarian
Suitable.

[Amazon](#)

Capsules -
MIDS.

Fruit

3 capsules of each
product daily,
preferably with
meal.

4500mg per
day *G.
cambogia*
(1500mg per
capsule), 15%
HCA/ 675mg
per day
(225mg per
capsule),

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Prowise
Healthcare
Essentials
*Garcinia
Cambogia*
High Dose -
Vegan, 180
Capsules

[Prowise
Healthcare](#)

Capsules -
MIDS.

Not
provided.

Consume just two
capsules a day with
food and water to
experience the rich
benefits of this
supplement.

2000mg per
day *G.
cambogia*
(1000mg per
capsule).
No HCA
content
information
provided.

Troo Health
Care *Garcinia
Cambogia*
Complex
Supplement -
90 Capsules |
UK
Manufactured

[Troo
Healthcare](#)

Capsules -
MIDS.

Not
provided.

Adults, take 1
capsule with a large
glass of water 30-60
minutes before each
main meal 3 times
daily. Do not exceed
maximum dose of 3
capsules in any 24-
hour period.

1500mg per
day *G.
cambogia*
(500mg per
capsule).
No HCA
content
information
provided.

* Maximum serving assumes the maximum amount recommended on the packaging or website of the supplement. e.g. if recommended to take 1-2 capsules per day, this table assumes 2 capsules would be taken. Another example is if the website suggests a serving of 2 capsules a day, but the packaging suggests 3, then the highest suggestion has been used.

Abbreviations: GMO - Genetically modified organism; GMP - Good manufacturing practice; HCA - Hydroxycitric acid; HPLC - High performance liquid chromatography; MIDS - Multi-ingredient dietary supplement; NRV - Nutrient reference value; US FDA - United States Food and Drug Administration.