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Annex A TOX/2025/41

Committee on the Toxicity of Chemicals in Food, Consumer Products and the Environment

Scoping paper on the potential risk(s) of *Garcinia cambogia*

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

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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*	Composition	Additional information and warnings
BodyBuilding Warehouse Pure <i>Garcinia cambogia</i>	Body Building Warehouse	Capsules – <i>G. cambogia</i> only.	Not provided.	1-2 Softgels per day with food.	1000mg per day <i>G. cambogia</i> (500mg per capsule) 60% HCA/ 600mg per day (300mg per capsule).	Ingredients Per Serving: <i>G. cambogia</i> 500mg 60% HCA (Yielding 300mg HCA). Other Ingredients: Bovine Gelatine, Magnesium Stearate, Silicon Dioxide.	Packed with the highest allowed concentration of HCA of 60%. Very effective. “Fully UK compliant” Supplement Facts: Serving Size: 1 Capsule. Warnings: Pure <i>G. cambogia</i> should be used as part of a balanced and varied diet. Do not exceed the recommended dose. Store out of reach of children. Please consult your doctor prior to use if you have a medical condition. Not recommended for

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							pregnant or lactating women. Produced in an environment that produces Milk, Egg, Soy, Wheat, Peanuts and Nuts.
UK Health House <i>Garcinia Cambogia</i> - High Strength - 1000mg Tablets 60% HCA Max	UK Health House	Tablets – <i>G. cambogia</i> only.	Not provided.	Recommended Dosage: Take 1-2 tablets per day with water, do not exceed stated dose.	2000mg per day <i>G. cambogia</i> (1000mg per tablet), 60% HCA/ 1200mg per day (600mg per tablet).	Ingredients: Bulking Agent (Microcrystalline Cellulose), <i>G. cambogia</i> Fruit Extract (60% HCA), Anti-Caking Agent (Magnesium Stearate).	Allergens: None. Free From: Dairy, Gluten and allergen free. Nutritional Information: Serving Size: 1 Tablet. Each Tablet Providing: <i>G. cambogia</i> Fruit Extract (60% HCA) 1000mg (Per Serving) **(%NRV*) *Nutrient Reference Value (NRV). **No NRV established. Warning: Do not exceed the recommended stated daily dose. Food

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>supplements should not be used as a substitute for a balanced, varied diet and a healthy lifestyle. Not suitable for children. If you are pregnant, breastfeeding or taking any medication, consult a doctor before use. Store in a cool, dry place. Keep out of the reach of young children. Suitable for Vegans & Vegetarians.</p>
HERBASENSE GARCINIA CAMBOGIA EXTRACT – 60% HCA by HPLC	HerbalVeda	Powder – <i>G. cambogia</i> only.	Not provided.	1500mg 3 times a day for fat reduction and Instruction: One spoon (included) three time a day at least 30 minutes before meals.	4500mg per day <i>G. cambogia</i> (1500mg per spoon), 60% HCA/ 2700mg per day (900mg per spoon).	Not provided in full.	<p><i>G. cambogia</i> extract – 60% HCA by HPLC. Pure & Natural Extract of <i>G. cambogia</i> for Weight Loss. Origin: India. HERBASENSE <i>G. cambogia</i> Extract</p>

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>comes from the Malabar Region (Southern India) where it's traditionally grown in and has been widely used for thousands of years. Herbasense <i>Garcinia</i> Extract Powder is formulated and standardised at our own facilities to contain 60% of HCA. <i>Garcinia cambogia</i> is also known as Indian plum or Malabar Tamarind (as its widely used in that area as Tamarind). Herbasense <i>Garcinia</i> comes from Non-GMO crops. It is Completely Natural, Safe & proven to help in weight management. HCA</p>

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							<p>has been scientifically proven to help in weight management, as it inhibits citrate lyase enzyme, which acts as a link between metabolism of carbohydrates (which causes energy) & the production of fatty acids.</p> <p>Manufactured without the use of additives, fillers, binders, artificial ingredients, preservatives, Stearates, Sulphates, Laurates, and Dioxides.</p> <p>It is free of any allergens. Each Jar contains at least 90 scoops of approximately 1500 mg per scoop. Jar</p>

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							<p>weighs 135g so a scoop should be ~1.5g (135/90). Health Benefits: Acts as appetite suppressant, that reduces cravings and decreases the urge to consume calories. HCA also increases serotonin levels, which leads to better mood & sleep, thus works in management, fat-reduction, and healthy weight-loss. Misleading pictures - one product listing 2 products. "Plus" [MIDS] product provides breakdown of HCA content but not in standard product. Packaging pictures states "1500mg 3</p>

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							times a day for fat reduction" and "Instruction: One spoon (included) three time a day at least 30 minutes before meals".
NOW Foods, Garcinia, 120 Tablets	iHerb	Tablets – <i>G. cambogia</i> only.	Fruit	Take 1 tablet 1 to 3 times daily. For best results, take 30-60 minutes before meals.	3000mg per day <i>G. cambogia</i> (1000mg per tablet), 50% HCA/ 1500mg per day (500mg per tablet).	Other ingredients Microcrystalline cellulose, maltodextrin (non-GMO), hydroxypropyl cellulose, vegetarian coating [hypromellose (cellulose), stearic acid (vegetable source), sunflower lecithin, triethyl citrate, sunflower oil],	Made and quality tested in the USA with globally sourced ingredients. Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Warnings For adults only. Consult physician if pregnant/nursing, taking medication

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						stearic acid (vegetable source), magnesium stearate (vegetable source) and silicon dioxide.	[especially anti-depressants such as serotonin reuptake inhibitors (SSRIs)], or have a medical condition. Keep out of reach of children. Natural colour variation may occur in this product. Store in a cool, dry place after opening. Disclaimer While iHerb strives to ensure the accuracy of its product images and information, some manufacturing changes to packaging and/or ingredients may be pending update on our site. Although items may occasionally ship with alternate packaging, freshness

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							is always guaranteed. We recommend that you read labels, warnings and directions of all products before use and not rely solely on the information provided by iHerb. Picture of packaging states serving size is one tablet, but text suggests 1 to 3 times daily.
Fitimins <i>Garcinia Cambogia</i> Extract 1000mg Capsule	Fitimins	Capsules – <i>G. cambogia</i> only.	Fruit	Suggested Use Take 2 capsules a day with a glass of water.	2000mg per day <i>G. cambogia</i> (1000mg per capsule), 60% HCA/ 1200mg per day (600mg per capsule).	All Natural Ingredients Ingredients Each serving contains <i>G. Cambogia</i> (60% HCA) 1000mg, Vegetable Capsule Shell	Storage & Advice Use for a limited period only (8-12 weeks). Store in a cool, dry place. Keep out of reach of children. Do not exceed the recommended daily dose. Food supplements must not be used as a substitute

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
						(Hydroxypropyl Methylcellulose), Microcrystalline Cellulose.	for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medication or are under medical supervision please consult a doctor or healthcare practitioner before use. If you experience any adverse effects when taking this supplement, please discontinue use and consult with a physician. Not intended for use by persons under the age of 18. Packaging states that the capsules are 1000mg each

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
BioTechUSA HCA - 100 caps	Welzo	Capsules – <i>G. cambogia</i> only.	Fruit	Take 3 capsules daily, 30 minutes before a meal, with a large glass of water.	3000mg per day <i>G. cambogia</i> (1000mg per capsule), 60% HCA/ 1800mg per day, (600mg per capsule).	Amount Per Serving <i>G. Cambogia</i> Extract 1000 mg -of which HCA 600 mg.	Do not exceed the recommended dosage. Store in a cool, dry place, tightly closed, and keep out of reach of children. Food supplements do not replace a balanced nutrition and healthy lifestyle. Not recommended for pregnant or breastfeeding women. Not recommended for individuals with medical conditions and/or those taking medications. Always read the warning on the product label before consuming. Please consult the product packaging for accurate instructions

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							on how to use the product. Unclear if 1000mg is per capsule or entire daily serving (3 capsules), assuming that it is per capsule.
Woods Supplements <i>Garcinia Cambogia</i> 1000mg	Woods Supplements	Capsules – <i>G. cambogia</i> only.	Fruit	Dosage is based on website table stating “typical per daily dose” – so assumed to equal one capsule per day.	1000mg per day <i>G. cambogia</i> (1000mg per capsule) No HCA content information provided.	Ingredients <i>G. cambogia</i> , Capsule Shell: Gelatin, Microcrystalline Cellulose Powder, Magnesium Stearate, Colloidal Silicon Dioxide.	Food supplements must not replace a varied diet. If you are taking prescribed medication, or have any medical conditions, please consult your doctor before taking food supplements. Do not exceed the recommended intake. Store below 25°C in a dry place, out of sight and reach of children. Not suitable for vegetarians.

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							Dosage is based on website table stating, "typical per daily dose".
Paradise Herbs, Garcinia Extract, 500 mg, 60 Vegetarian Capsules	iHerb	Capsules – <i>G. cambogia</i> only.	Fruit	Take 1 vegetarian capsule 1-3 times daily before meals or as directed by a qualified health care professional.	1500mg per day <i>G. cambogia</i> , (500mg per capsule), 50% HCA/ 750mg per day, (250mg per capsule).	Other ingredients Vegetarian capsule (plant cellulose).	Contains no common allergens. Made without fillers. Raw Material: <i>G. cambogia</i> pericarp fruit extract naturally containing a full spectrum of active and synergistic constituents including but not limited to 50% HCA (hydroxycitric acid). Warnings Keep in a cool dry place, out of the reach of children. If pregnant, nursing, or using any prescription medication consult your health care professional

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							<p>before using this product.</p> <p>Disclaimer</p> <p>While iHerb strives to ensure the accuracy of its product images and information, some manufacturing changes to packaging and/or ingredients may be pending update on our site. Although items may occasionally ship with alternate packaging, freshness is always guaranteed. We recommend that you read labels, warnings and directions of all products before use and not rely solely on the information provided by iHerb.</p>

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							Picture of packaging states serving size to be one capsule and HCA content to be 50%.
Inlife Garcinia 1600 MG Capsules - 120 Capsules	Dista	Capsules – <i>G. cambogia</i> only.	Fruit	Direction of use: Take 1 serving (3 capsules) per day before meal or as directed by the expert.	4800mg per day <i>G. cambogia</i> , (1600mg per capsule), >60% HCA/ >2880mg per day (>960mg per capsule).	Capsule dosage = 1600mg. HCA concentration >60% according to product image. Calcium salt >15%/serving.	Legal disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA Product image suggests 2 capsules a day. Whilst website suggests 3.
Himalaya, Organic Garcinia, 60 Caplets	iHerb	Caplets – <i>G. cambogia</i> only.	Fruit and leaf.	Adults take 1 caplet twice daily after meals.	1200mg per day <i>G. cambogia</i> , (600mg per caplet), 66% HCA/ 792mg per day (326mg per caplet). Breakdown: 700mg organic garcinia powder	Organic <i>Garcinia</i> powder (fruit rind and leaf) (1% HCA, 3.5 g) 350 mg. Organic <i>Garcinia</i> extract (fruit) (<i>G. cambogia</i>)	Warnings: As with any supplement, consult a healthcare practitioner before use if you are pregnant, nursing, taking medication, have a medical condition or are planning any medical procedure. Discontinue

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
					(fruit rind and leaf), 500 mg organic <i>Garcinia</i> extract (Fruit), HCA content: 1% (7) (powder) 65% (325) (extract).	(65% HCA, 162.5 mg) 250 mg.	use and consult a healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Disclaimer: While iHerb strives to ensure the accuracy of its product images and information, some manufacturing changes to packaging and/or ingredients may be pending update on our site. Although items may occasionally ship with alternate packaging, freshness is always guaranteed. We recommend that you read labels, warnings and directions of all products before use and not rely solely on

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							the information provided by iHerb. Serving size listed as one caplet but suggested to take twice daily. Supplement facts Serving Size: 1 Caplet Servings Per Container: 60.
Swanson <i>Garcinia Cambogia</i> 5:1 Extract, 80mg - 60 caps	Welzo	Capsules – <i>G. cambogia</i> only.	Fruit	Take one capsule of Swanson <i>Garcinia Cambogia</i> 5:1 Extract, 80mg before meals with plenty of water.	80mg per day <i>G. cambogia</i> (80mg per capsule) No HCA content information provided.	<i>G. cambogia</i> 5:1 extract (fruit).	Store in a cool, dry place out of the reach of children. Do not exceed the recommended daily intake. If you experience a bad reaction, stop taking it immediately. Consult your doctor if you are pregnant, breastfeeding, or have a medical condition before using this supplement.

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							Please consult the product packaging for accurate instructions on how to use the product. It seems that more than one could be taken as it says before meals, but this is not explicit.
Sotya Garcinia	Naturitas	Capsules – <i>G. cambogia</i> only.	Not provided.	It is recommended to take 2 or 3 capsules a day, before meals.	750mg per day <i>G. cambogia</i> (250mg per capsule), 60% HCA/ 450mg per day (150mg per capsule).	<i>Garcinia</i> Extract (<i>G. cambogia</i> L.), Coating Agent (Capsule): Cellulose, Maltodextrin, Stabilizer: Microcrystalline Cellulose (E 460). Anti-caking agent: Magnesium stearate (E 470b).	Precautions Food supplements should not be used as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily dose. Keep out of reach of young children. Storage conditions Keep in a cool, dry place.

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>Per 3 capsules: <i>Garcinia</i> (750 mg), HCA acid (450 mg). This information is subject to change. Consult the product packaging. Unclear if 450 HCA mg in 750 mg <i>G. cambogia</i> serving or if in addition. The packaging says the capsules are 500mg, but this is just the weight of the capsule as there 90 in a 45g bottle which equals 500mg per capsule.</p>
DR WAKDE'S Garcinia Fruit Powder - 100g (3.5oz) Pure, Raw & Dried Powder	Dr. Wadke's	Powder – <i>G. cambogia</i> only.	Fruit	Serving size: 1/2 to 1 teaspoon (assumed to be 2.5-5g as a teaspoon is usually 5g).	10,000mg per day <i>G. cambogia</i> If pure powder, then assume 5000-10,000 mg daily	100% <i>Garcinia</i> fruit powder. Other Ingredients: None.	100g pure herbal powder, suitable for vegetarians. Allergens: See ingredients listed in bold.

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Ayurvedic Herb Vegan Nothing Added, Nothing Removed Same Day Dispatch				Servings per container: 20 (container is 100g, so this supports 5g teaspoon serving size). <i>Garcinia</i> fruit powder per serving: 1/2 teaspoon take with warm water, smoothies, tea, or juice, once or twice daily.	No HCA content information provided.		Usage: Take 1 to 2 teaspoon with warm water, once or twice daily. Do not exceed the stated dose. Suitable for: Vegetarians and Vegans. Origin: Produce of India, sourced and packed in the United Kingdom.
<i>Garcinia Cambogia</i> 1500mg 120 Vegan Capsules High Strength 20:1 Whole Fruit Powder Premium Quality Supplement by Horbaach	Horbaach	Capsules – <i>G. cambogia</i> only.	Fruit	For adults, take 1 capsule daily, preferably with a meal. Do not exceed the stated dose.	1500mg per day <i>G. cambogia</i> (1500mg per capsule). No HCA content information provided.	Ingredients: Brown Rice Flour, <i>G. cambogia</i> (<i>G. gummi-gutta</i>) Fruit 20:1 Extract, Capsule Shell (Glazing Agent (Hydroxypropyl Methyl Cellulose)), Anti-	Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor or healthcare professional before

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						Caking Agent (Magnesium Stearate).	<p>use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Keep out of reach of children. Not intended for use by persons under the age of 18 years.</p> <p>Legal Disclaimer We go to great efforts to ensure that the information on this page is accurate at the time that the page was last edited. As we are constantly reviewing and developing our products to meet our consumer needs, consumers, particularly those that suffer from</p>

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							<p>allergies and intolerances, should always check product labelling, warnings, and directions provided with the product that is delivered, prior to use or consumption. Packaging may vary. <i>G. cambogia</i> fruit extract - 75mg, sourced from <i>G. cambogia</i> fruit 1500mg</p>
<p>Black Swan Hydroxycitric Acid Capsules - 500mg HCA Garcinia Cambogia Enhanced Mood Weight Management Metabolic Support</p>	<p>Amazon</p>	<p>Capsules – <i>G. cambogia</i> only.</p>	<p>Fruit</p>	<p>Take 1 - 2 capsules per day with water, preferably with a meal or as directed by a doctor.</p>	<p>1000mg per day HCA (500mg per capsule). No <i>G. cambogia</i> content information provided. No HCA percentage content provided</p>	<p>Ingredients: HCA, Magnesium Stearate & Silica.</p>	<p>Stated only to include HCA at 500mg on the packaging and ingredients but also called <i>G. cambogia</i> in the title.</p>

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
Natural Food Supplement - 30 Capsules 1 Month Supply					but is provided in weight.		
Swiss Bioenergetics <i>Garcinia cambogia</i>	Swiss Bioenergetics	Capsules - 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 <i>G. cambogia</i> (500mg per capsule). No HCA content information provided.	Ingredients: <i>G. cambogia</i> Fruit Extract 125mg 4:1. Equivalent to 500mg Garcinia Cambogia Fruit per capsule. Tri-potassium Citrate 15mg. Calcium Citrate 10mg. Chromium Picolinate Powder 500mcg.	Suitable for both vegan and vegetarians. Cautions: Always consult your GP before taking nutritional supplements if you are taking medication or are under medical supervision. Not suitable for pregnant or lactating mothers. Store in a cool dry place, out of reach of children. You should not take supplements as a substitute for a varied balanced diet.

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							<p>Not intended for use by persons under the age of 18 years old. Side effects from this supplement are rare but please discontinue and contact your GP immediately in the event of an adverse reaction.</p> <p>Do not exceed more than 3000mg in any 24-hour period without consulting a medical advisor.</p> <p>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.</p>

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Nutralie <i>Garcinia cambogia</i> complex fat burner	Naturitas	Capsules – MIDS.	Not provided.	It is recommended to take 3 capsules a day with water.	2000mg per day <i>G. cambogia</i> , (667mg per capsule), 60% HCA/ 1200mg per day, (400mg per capsule).	<i>Garcinia</i> dry extract (<i>G. cambogia</i> (Gaernt) Desr., fruit) (60% HCA), vegetable capsule: coating agent (hydroxypropyl methylcellulose), zinc citrate, bulking agent (microcrystalline cellulose), anti-caking agents (magnesium stearate of vegetable origin, silicon dioxide), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2),	Precautions Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the expressly recommended daily dose. Keep out of reach of young children. Per 3 capsules: Vitamin B6 (4.2 mg), Vitamin B2 (4.2 mg), Chromium (60 µg), Zinc (15 mg), <i>G. cambogia</i> (2001 mg) (60% HCA 1200 mg). This information is subject to change. Consult the product packaging. Certificate

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						chromium picolinate.	Keep the container tightly closed in a cool, dry place.
Holland & Barrett <i>Garcinia Cambogia</i> & 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 <i>G. cambogia</i> (300mg per capsule) No HCA content information provided.	<i>G. cambogia</i> Powder, Green Coffee Bean Extract, Capsule Shell (Hydroxypropyl Methylcellulose), Maltodextrin.	Always read the label before use. Nutritional Information: Two capsules contain <i>G. cambogia</i> (fruit) 600mg, Green Coffee Bean Extract <i>G. cambogia</i> (fruit) 600mg. Green Coffee Bean Extract 450mg (Coffee arabica L.) (Standardised to contain 20%, Chlorogenic Acids) 450mg, Coffee bean extract standardised to contain 20% chlorogenic acids. Advisory Information: Advisory Information: Not intended for use

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							<p>by persons under the age of 18. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. If you are pregnant, breastfeeding, taking any medications or under medical supervision, please consult a doctor or healthcare professional before use. Discontinue use and consult a doctor if adverse reactions occur. Warning: This product contains caffeine. Avoid additional consumption of caffeine which may intensify adverse effects. Keep out the</p>

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							reach of children. Store in a cool dry place. Do not use if seal under cap is broken or missing.
HERBASENSE <i>Garcinia Cambogia</i> Plus Jar – 60% HCA by HPLC + Green Coffee Bean + Green Tea Extracts	HerbalVeda	Powder – MIDS.	Not provided.	1500mg 3 times a day for fat reduction and Instruction: One spoon (included) three time a day at least 30 minutes before meals.	4500mg per day <i>G. cambogia</i> (1500mg per spoon), 60% HCA/ 2700mg per day (900mg per spoon).	Ingredients: (Each jar contains) 90 spoonsful of 1500mg each approx <i>G. cambogia</i> Extract (60% HCA) (81g), Green Coffee Bean (45%, Chlorogenic Acid) (27g), Green Tea Extract (contains 40%, Polyphenols) (27g), Herbasense <i>Garcinia</i>	Blended in UK. Origin: India. Herbasense <i>Garcinia</i> Plus come from Non-GMO crops. All the ingredients are Completely Natural, Safe & proven to help in weight management. HCA has been scientifically proven to help in weight management, as it inhibits citrate lyase enzyme, which acts as a link between metabolism of carbohydrates (which causes energy) & the

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						Cambogia Plus Jar – 60% HCA by HPLC + Green Coffee Bean + Green Tea Extracts.	<p>production of fatty acids.</p> <p>Health Benefits: Acts as appetite suppressant, that reduces cravings and decreases the urge to consume calories.</p> <p>HCA also increases serotonin levels, which leads to better mood & sleep, thus works in management, fat-reduction, and healthy weight-loss.</p> <p>HERBASENSE</p> <p>Garcinia combogia Plus is a blend of three very potent Herbal extracts, containing Garcinia & Green Coffee Bean from Malabar Region (Southern India) and</p>

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							<p>Green Tea (from Hilly Region of Ooty). Manufactured without the use of additives, fillers, binders, artificial ingredients, preservatives, Stearates, Sulphates, Laureates, and Dioxides. It is free of any allergens. Each Jar contains at least 90 scoops of approximately 1500 mg per scoop. Jar weighs 135g so a scoop should be ~1.5g (135/90). Health Benefits: Acts as appetite suppressant, that reduces cravings and decreases the urge to consume calories.</p>

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							HCA also increases serotonin levels, which leads to better mood & sleep, thus works in management, fat-reduction, and healthy weight-loss.
Sensilab Essentials <i>Garcinia Cambogia</i> 1,800mg High Dose - Vegan, 90 Capsules	Sensilab	Capsules – MIDS.	Not provided.	Daily dose 3 capsules.	1800mg per day <i>G. cambogia</i> (600mg per capsule), 60% HCA/ 1080mg per day (360mg per capsule).	Ingredients in 3 capsules % NRV* <i>Garcinia</i> extract 1800 mg**, HCA 1080 mg**, Black pepper extract 15 mg**, Piperine 14.25mg**, Chromium 108µg *NRV = nutrient reference values ** = nutrient reference values are not established.	Packaging (1 unit) 90 capsules. Daily dose 3 capsules Net weight (1 unit) 59.4 g.

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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 <i>G. cambogia</i> (209mg per capsule), 60% HCA/ 250mg per day (125mg per capsule).	INGREDIENTS (in 2 capsules) ACTIGAR® DC60 [garcinia (<i>G. cambogia</i> (Gaertn.) Desr.) fruit extract with 60% HCA] 417 mg (HCA 250 mg), capsule shell (structure): hypromellose, L-ascorbic acid (vitamin C20 mg – 25% NRV*), bulking agent: acacia gum, nicotinamide (niacin7.5 mg – 46% NRV*), anti-caking agent: magnesium salts of fatty acids, chromium	IMPORTANT NOTICE Recommended daily intake should not be exceeded. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. A diverse and balanced diet and a healthy lifestyle are important. The colour, flavour, and smell of the product may vary slightly from batch to batch due to natural variations in the properties of active ingredients. These variations have no impact on the overall quality and efficacy of the product.

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						<p>picolinate (chromium 100 µg – 250% NRV*). *NRV = nutrient reference values.</p>	<p>WARNING If you are hypersensitive or allergic to any of the ingredients of this product or use medication, consult your doctor before use. This product is not recommended for pregnant and breastfeeding women.</p> <p>STORAGE Keep out of reach of children! Store in a dark and dry place at a temperature below 25 °C.</p>
GARCINIA ULTRA BLEND (with Acai & Green Tea) 60	Biovea	Capsules – MIDS.	Fruit	Adults take 1 capsule once or twice daily preferably before a meal. Do not exceed	200mg per day <i>G. cambogia</i> (100mg per capsule) 55% HCA/ 110mg per day (55mg per capsule).	Amount per Serving Green Tea Extract (leaf) 250 mg (std. to	<p>NEWTON EVERETT®'s natural formula also contains Chromium and Black Pepper extract to effectively help</p>

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Vegetarian Capsules				recommended dosage.		50% polyphenols), Acai Berry Juice Extract (fruit) 200 mg, <i>G. cambogia</i> Extract (fruit) 100 mg (std. to 55%, hydroxycitric acid), Caffeine (as anhydrous) 50 mg, Kelp Blend (whole plant) 10 mg. Grapefruit Extract (seeds) 10 mg. Apple Cider Vinegar (fruit) 10 mg.	maintain weight, balance blood sugar levels and allow complete absorption of Hydroxycitric Acid. Warning: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. KEEP OUT OF REACH OF CHILDREN. Do not use if safety seal is broken. Store in a cool, dry place. Serving Size: 1 Vegetarian Capsule Servings per Container: 60.

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
						Other Ingredients: Hydroxypropyl Methylcellulose, Rice Flour, Vegetable Magnesium Stearate, Silicon Dioxide.	
<i>Garcinia Cambogia</i> - 90 Capsules - 1500mg Daily Dosage - Premium Quality Supplement - UK formulated - Vegetarian & Vegan Suitable - Optimum Strength For Maximum Results - Garcinia Clean		Capsules - MIDS.	Fruit	Take 1 capsule with a full glass of water up to 3 times per day, 30 minutes before each main meal. Our trainer-recommended.	1500mg per day <i>G. cambogia</i> (500mg per capsule) No HCA content information provided.	Ingredients: Vegetarian Capsule (Hypromellose), <i>G. Cambogia</i> Whole Fruit, Calcium Carbonate, Magnesium Stearate (Flow Agent), Tri-Potassium Citrate, Brown Rice Flour, Chromium Picolinate.	Safety Information: Our <i>G. cambogia</i> comes from potent sources and is designed to be super bioactive. Please note that this product is not intended to treat, cure or prevent any disease. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do Not exceed

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For Men & Women							<p>recommended dose. This product is not intended for pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition or allergies. Please consult a doctor before using this or any other food supplement. This product is not intended to treat, cure or prevent any disease. Food supplements should NOT be used as a substitute for a varied diet and a healthy lifestyle. This product has been manufactured in the UK to GMP Standards and ISO 2000:9001 Quality Assurance.</p>

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>Directions: In each 100% vegan easy swallow capsule you'll find a scientifically optimal dosage of synergistic ingredients. Take 1 capsule with a full glass of water up to 3 times per day, 30 minutes before each main meal. Our trainer-recommended supplement contains 60% HCA for superior weight management support. Boosted with chromium picolinate for fast absorption. Potassium citrate for optimal bioavailability. Serving size: 3 capsules, 30 serving per container and 90 capsules in a container</p>

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							so supports that the <i>Garcinia</i> per serving 1500mg (3 capsules)
Apple Cider Vinegar with Cayenne Pepper, Turmeric & Ginger Root + <i>Garcinia Cambogia</i> 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 <i>G. cambogia</i> (1500mg per capsule) 15% HCA/ 675mg per day (225mg per capsule).	Ingredients: Apple Cider Vinegar: Apple Cider Vinegar Powder; Cayenne Extract; Ginger Root Extract; <i>Lactobacillus gasseri</i> , <i>Lactobacillus acidophilus</i> ; Turmeric Extract; <i>Lactobacillus rhamnosus</i> ; <i>Lactobacillus casei</i> ; Capsule Shell: Vegetable Cellulose (HPMC). Ingredients G.	Product sold as a bundle. Legal Disclaimer: The product has been assessed and certified as meeting the requirements of Food Safety System Certification FSSC 22000. Daily dose said to be 1500mg but not clear what, says <i>G. cambogia</i> on packaging so assume 1500mg per serving (3 capsules) or per capsule (4500mg).

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
						<i>Cambogia</i> : Garcinia Fruit (15% natural HCA) (<i>G. cambogia</i>); Calcium (Citrate) (Tetrahydrate); Potassium (Citrate) (Monohydrate); Chromium (Picolinate); Capsule Shell: Vegetable Cellulose (HPMC).	
Prowise Healthcare Essentials <i>Garcinia Cambogia</i> 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 <i>G. cambogia</i> (1000mg per capsule) No HCA content information provided.	Ingredients: <i>G. cambogia</i> powder, capsule shell (hydroxypropyl methylcellulose), bulking agent (microcrystalline	1000mg <i>G. cambogia</i> per serving, 110ug chromium per serving Servings per container = 30, container contains 60 capsules at 1000mg strength.

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						cellulose), potassium citrate, tricalcium citrate, anti-caking agent (magnesium stearate), chromium picolinate.	
Troo Health Care <i>Garcinia Cambogia</i> 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 <i>G. cambogia</i> (500mg per capsule), No HCA content information provided.	Ingredients: <i>G. Cambogia</i> Whole Fruit Powder, Capsule Shell: Hydroxypropyl Methylcellulose, Potassium Citrate, Calcium Citrate, Chromium Picolinate, Bulking Agent: Maltodextrin.	Chromium - 60 ug per capsule. <i>G. cambogia</i> - 500mg per capsule.

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
<i>Garcinia Cambogia</i> 1500mg Daily Dosage –with Added Chromium Picolinate for Rapid Absorption – 30 Day Supply of The Super Strength Whole Fruit – Manufactured in the UK	xSpan labs	Capsules – MIDS,	Not provided.	Adults take 1 capsule 3 times a day, ideally 30 to 60 minutes before mealtimes with a large glass of water. Do not exceed recommended daily dose. Product image states three times, website states twice daily.	1500mg per day <i>G. cambogia</i> (500mg per capsule), No HCA content information provided.	Ingredients: One capsules typically contains: <i>G.</i> <i>Cambogia</i> , Whole Fruit Powder 500mg, Potassium Citrate 15mg, Calcium Citrate 10mg, Chromium Picolinate Powder 500mcg. Other Ingredients: Hydroxypropyl Methylcellulose (HPMC) capsule shell, Maltodextrin.	Safety Information: Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children. Any allergens contained in this product are shown in the product back label ingredients list in bold.

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based materials such as nuts, seeds, milk, egg, cereals, soya, mustard, celery, fish, crustaceans and sulphites.</p> <p>Indications: appetite suppression weight loss.</p> <p>Legal Disclaimer: Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or</p>

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Supplement name	Website/ retailer	Supplement type	Plant part	Recommendations for use*	Dosage information*	Composition	Additional information and warnings
							<p>are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children. Any allergens contained in this product are shown in the product back label ingredients list in bold. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that also handles allergy-based</p>

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							materials such as nuts, seeds, milk, egg, cereals, soya, mustard, celery, fish, crustaceans and sulphites. Chromium 60 ug per capsule <i>G. cambogia</i> 500mg per capsule.

* 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.