



Garcinia

Revised: December 3, 2018.

CASRN: 9000-25-3

Drug Levels and Effects

Summary of Use during Lactation

Garcinia (*Garcinia cambogia*) fruit rind contains hydroxycitric acid. Garcinia has no specific lactation-related uses. It is most often used to promote weight loss. No data exist on the excretion of any components of Garcinia into breastmilk or on the safety and efficacy of Garcinia in nursing mothers or infants. Garcinia and hydroxycitric acid are generally well tolerated in adults, with occasional gastrointestinal discomfort reported.[1] Because there is no published experience with Garcinia or hydroxycitric acid during breastfeeding, these products should be avoided, especially while nursing a newborn or preterm infant.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

References

1. Soni MG, Burdock GA, Preuss HG et al. Safety assessment of (-)-hydroxycitric acid and Super CitriMax, a novel calcium/potassium salt. Food Chem Toxicol. 2004;42:1513-29. PubMed PMID: 15234082.

Substance Identification

Substance Name

Garcinia

Scientific Name

Garcinia cambogia

CAS Registry Number

9000-25-3

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Phytotherapy

Plants, Medicinal

