



Egyptian Herbal Monograph

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Volume 3

Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Garcinia, Chromium

جارسينيا / كروميوم

1. Names & Synonyms

Garcinia

***Garcinia gummi-gutta* (L.)**

Roxb.

Family: Clusiaceae /Guttifereae

Syns.: *Cambogia gummi-gutta* L., *Cambogia gutta* L., *Garcinia cambogia* Desr., *Mangostana cambogia* Gaertn., (1, 2).

Arabic: جارسينيا

English name: Malabar tamarind (2, 3).

2. Parts used for medicinal purpose

Garcinia: Fruit peel (3) (rind (4), pericarp (5)).

3. Major chemical constituents

Garcinia

- **Organic acid:** Hydroxycitric acid (HCA) (6).
- **Benzophenones:** Camboginol (garcinol), cambogin (isogarcinol; xanthochymol), guttiferones - K, I, J, M and N (7).
- **Xanthenes:** Oxy-guttiferones M, K2, I and K, rheediaxanthone-A (7).
- **Others:** Bioflavonoids (volkensiflavone, fukugetin) (6, 8).



4. Medicinal uses (Indications)

- A) Used for weight reduction during weight control programs.
- B) Used for suppression of appetite; temporarily increasing satiety and feeling of fullness.

5. Herbal preparations correlated to medicinal use

Combination of garcinia powder extract and chromium.

Herbal preparation is in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults

- Combination of 500 mg of garcinia extract and 11.4 mcg of chromium, 3 - 4 times daily.
- Combination of 500 mg of garcinia extract and 35 mcg of chromium, 3 times daily.

Duration of use:

As recommended by physician.

Method of administration: Oral use.

To be taken preferably 30 to 60 minutes before meals.

7. Contraindications

- Hypersensitivity to active substance(s) and to other plants of the same family.
- Patients of existing or previous liver pathologies (9,10).

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Use in children and adolescents under 18 years of age is not recommended.



- Physician should be consulted prior to use in case of kidney problems, liver disorders (such as abdominal pain, dark urine or jaundice).
- Stop use and physician should be consulted if the patient experiences any new symptoms including yellowish of eye or skin, dark urine, nausea, vomiting, and fatigue, stomach pain, abdominal pain or jaundice (10,11).

9. Interactions with other medicinal products and other forms of interaction (12).

- **Antidiabetic medications:** The product may lower blood sugar levels. Caution is advised when using medications that may also lower blood sugar. Patients taking drugs for diabetes by mouth or insulin should be monitored closely. Medication adjustments may be necessary.
- **Thyroid medication:** The product may reduce absorption of levothyroxine (Synthroid). Separate doses by at least 3–4 hours are recommended.

10. Fertility, pregnancy and lactation

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data available

11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects

- Headache, dizziness, dry mouth, and GI complaints such as nausea and diarrhoea (13).
- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

Overdose may cause severe diarrhoea, abdominal pain, nausea and vomiting.

14. Relevant biological properties



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Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

21/05/2026.



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