Clinical Applications of Garcinia:

• Helps reduce body’s ability to store fat.
• Lowers body weight through appetite control.
• Lowers serum triglycerides.
• Creates a process in the body called thermogenesis.

Overweight/obesity is generally accepted as a worldwide epidemic with troublesome consequences. While the general public is most distraught with their overall appearance, excess fat accumulation is associated with a number of serious chronic health disturbances including diabetes and atherosclerosis. Garcinia cambogia is a revolutionary component in nutraceutical dietary supplement areas as a source of hydroxy citric acid (HCA), which is known as a weight reducing agent.

Role of Garcinia in weight management.

The modern applications are based on the fact that in our body carbohydrates are broken down into glucose which is stored as glycogen. When glycogen storage is saturated, excess glucose is converted into fat and cholesterol. Garcinia cambogia extract (HCA- hydroxyl citric acid) inhibit body's conversion of glucose into fat and cholesterol by inhibiting certain enzyme process. The increase in glycogen stores, help significantly reduce cravings for food, reduce appetite and induce weight loss. Several human studies have shown weight reducing property of garcinia.

Botanical Name: Garcinia cambogia
Family: Guttiferae
Plant Parts Used: Fruit rind
Clinical trials.
A randomized, double blind, placebo controlled clinical study was conducted to evaluate the effect of garcinia caplets in obese subject. A study of 110 individuals within 18 – 60 years of age including both men and women with obesity as decided by BMI > 25 Kg/m^2 to 35 Kg/m^2 was carried out with 1 caplet twice daily for 4 months. The assessment was done on the basis of parameters like BMI, skin fold thickness. The study concluded that the obese subject treated with garcinia caplets showed reduction in BMI and skin fold thickness from 2nd month onwards and significant improvement in 3rd and 4th month.

Safety.
To date, there is no case study or report showing the direct adverse effect of HCA. The structure, mechanism of action, long history of use of Garcinia/HCA and comprehensive scientific evidence had shown “no observed adverse effect level (NOAEL)” at levels up to 2800 mg/day, suggesting its safety for use.

Dose: 1200 – 1500 mg / day / adult

Available Grades
• Garcinia cambogia extract 50% HCA, 60% HCA, 65% HCA.
• Garcinia cambogia extract 60% HCA : 100% Water soluble

References
1.Randamized double blind placebo controlled clinical study to evaluate the effect of garcinia caplets in obese subject. Tripathy P C Et. Al.

Corporate Office :
Prakruti Products Pvt. Ltd.
Sagar Complex, Ground Floor,
Maruti Temple Road,
Karwar – 581301 Karnataka, INDIA.
Hello: +91 – 08382 220000 / 225000 / 225100

Branch Office :
No 71, First Floor, 4th Main, West of Chord Road, 4th Stage ,3rd Block
Basaveshwara Nagar, Bangalore – 560079, Karnataka, India.

Factory Address:
Unit 1:
B 1/2, Navagadde, Agsoor Village.
Ankola – 581 314 Karnataka, INDIA.

Unit 2:
No. 405.
Vasanthnarsapur Industrial Area, Phase 2
Tumkur, Karnataka, India

Web: www.prakruti.com
Email: info@prakruti.com

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