

Garcinia Cambogia

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.

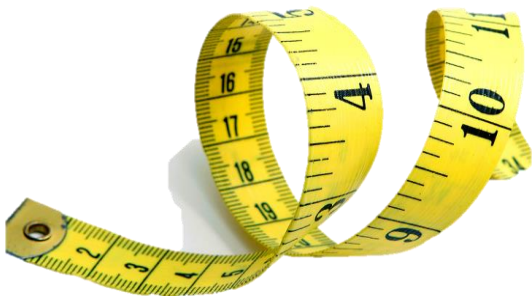
Overweight/obesity is generally accepted as a worldwide epidemic with troublesome consequences. While the general public is most distraught with their overall appearance, excess fat accumulation is associated with a number of serious chronic health disturbances including diabetes and atherosclerosis. *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.

Botanical Name: *Garcinia cambogia*

Family: Guttiferae

Plant Parts Used: Fruit rind



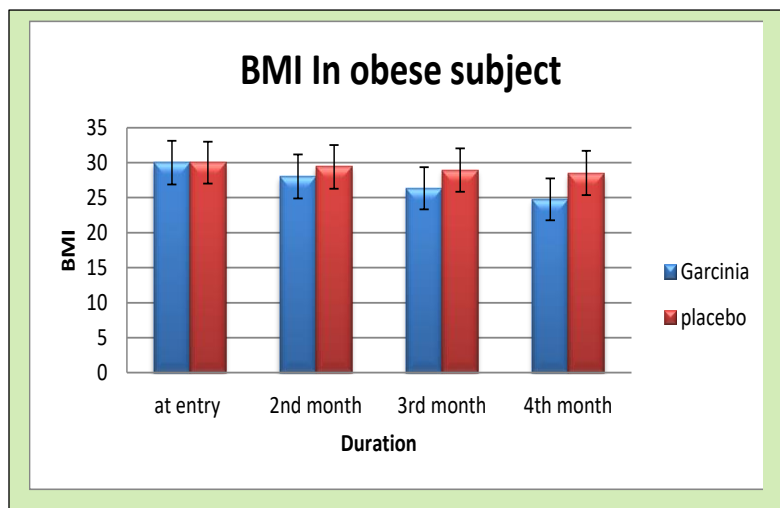


Role of Garcinia in weight management.

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*.

• 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/m² to 35 Kg/m² was carried out with 1 caplet twice daily for 4 months. The assessment was done on the basis of parameters like BMI, mid axillary 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.



- In another randomized, double-Blind, placebo-Controlled trial Garcinia cambogia extract reduced abdominal fat in subjects having visceral fat area 90 cm². The dose was given 1000mg of extract/ day for 12 weeks ².

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 the 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. Randomized double blind placebo controlled clinical study to evaluate the effect of garcinia caplets in obese subject. Tripathy P C Et. Al.
2. Current therapeutic research volume 64, no. 8, September/ October 2003. Kohsuke hayamizu et. Al.



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