

**SCHEDULING STATUS:** Not scheduled  
**PROPRIETARY NAME** (and dosage form)



## USN GARCINIA CAMBOGIA

(capsules)

**COMPOSITION:**

**Active ingredients:** **Per Capsule**  
Standardized *Garcinia cambogia* extract - 60 % HCA 417 mg

**Other ingredients:** Bovine gelatine capsules, Magnesium stearate.

Sugar Free

**PHARMACOLOGICAL CLASSIFICATION**

Complementary Medicine, D. 32.3  
Slimming preparations, Discipline: Herbal Medicine

**PHARMACOLOGICAL ACTION**

A standardized extract obtained from *Garcinia cambogia* that contains a minimum of 60 % (-) Hydroxycitric acid (HCA). HCA has been shown to inhibit citrate cleavage enzyme, suppress *de novo* fatty acid synthesis and food intake, and decrease body weight gain. It competitively inhibits the extra mitochondrial enzyme adenosine triphosphate-citrate (pro-3S)-lyase which catalyzes the conversion of citrate and coenzyme A to oxaloacetate and acetyl coenzyme A (acetyl-CoA), the primary building blocks of fatty acid and cholesterol synthesis. As a citrate cleavage enzyme it may play a role in *de novo* lipogenesis inhibition. HCA's efficacy in inhibiting ATP citrate-lyase depends entirely on the presence of HCA inside the target cell, and reduced HCA absorption would decrease its weight-lowering effects.

**INDICATION**

Indicated as an aid to a weight management programme, including an energy-restricted diet and regular exercise.

**CONTRA-INDICATIONS**

Avoid with a known allergy or hypersensitivity to *Garcinia cambogia*, any of its constituents including caffeine or tannins, or members of the *Theaceae* family.

Do not use if you are pregnant or lactating.

HCA is likely unsafe to use in patients with Alzheimer's disease and other dementia syndromes due to the theoretical possibility of forming acetylcholine in the brain.

**WARNINGS AND SPECIAL PRECAUTIONS**

Not recommended for use in children under the age of 18 years.

Diabetics/hypoglycaemic individuals should take note that this product may reduce blood sugar levels - diabetics may need to reduce medication dosages. Please discuss with your healthcare professional before taking this medicine.

Use cautiously in patients with a history of rhabdomyolysis or in patients taking HMG-CoA reductase inhibitors ("statins") as it may increase the risk for rhabdomyolysis.

Potential evidence that shows that when HCA is used in patients with blood disorders or those who are using anti-coagulants or anti-platelets, HCA may inhibit platelet aggregation and increase the risk of bleeding.

Taking more than the recommended dose will not improve the results and may cause adverse reactions.

Please discuss with your healthcare professional before taking this medicine.

**PREGNANCY AND LACTATION**

Do not take this medicine during pregnancy or lactation.

**INTERACTIONS**

Always tell your healthcare professional if you are taking any other medicine.

**DOSAGE AND DIRECTIONS FOR USE**

*Adults:* Take 1 capsule, twice a day, prior to meals.

Do not exceed the daily recommended dose. In the event of over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

Do not share medicines prescribed for you with any other person.

**SIDE-EFFECTS**

The following side-effects may be associated with the use of **USN GARCINIA CAMBOGIA** and are listed under their corresponding body-organ class:

**Gastro-intestinal disorders:** Abdominal discomfort, diarrhoea, constipation, nausea, vomiting, heartburn.

**Immune system:** Hypersensitivity and/or allergic reactions.

**Endocrine system:** Patients taking oral hypoglycaemic agents are cautioned against the use of *Garcinia cambogia* due to the theoretical possibility of increasing the action of other hypoglycaemic agents.

**Cardiovascular system:** Potential risk of rhabdomyolysis in patients with a history thereof or in patients taking HMG-CoA reductase inhibitors ("statins") as it may increase the risk for rhabdomyolysis.

**Neurologic:** Headache, dizziness, agitation, insomnia, depression.

Not all side-effects reported for this medicine are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT**

None known. Treatment is symptomatic and supportive.

**IDENTIFICATION**

White capsule, containing a white powder.

**PRESENTATION**

Plastic container with 60 capsules.

**STORAGE INSTRUCTIONS**

Store in a cool, dry place at or below 25 °C.  
KEEP OUT OF REACH OF CHILDREN.

**REGISTRATION NUMBER**

To be allocated by the Medicines Control Council.

**NAME AND BUSINESS ADDRESS OF THE APPLICANT**

USN Pty (Ltd)  
Building C, Southdowns Office Park, 2nd Floor, 21 Karree Street,  
Irene Ext.54, 0157.  
Tel: 0861 111 876

**DATE OF PUBLICATION OF THIS PACKAGE INSERT/PATIENT LEAFLET**

November 2020.

**DISCIPLINE**

Herbal medicine

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SEL001/P/VA

<b>JOB:</b> SACE_GarciniaCambogia_60s	<b>SIZE:</b> 130mm x 173mm
<b>STOCK:</b> Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
<b>COLOURS:</b>	<b>FINISHING:</b>
<input checked="" type="checkbox"/> K <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss
<input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing

**SKEDULERINGSSTATUS:** Nie geskeduleerd  
**EIENDOMSNAAM** (en doservorm)



## USN GARCINIA CAMBODIA

(kapsules)

### COMPOSITION:

**Active ingredients:** **Per Capsule**  
Gestandaardiseerde *Garcinia cambogia* ekstrak - 60 % HCA 417 mg

**Ander bestanddele:** Beesgelatienekapsules, Magnesium stearaat.

Suikervry

### FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre Medikasie, D. 32.3  
Verslankingsmiddels, Dissipline: Kruid Medikasie

### FARMAKOLOGIESE AKSIE

'n Gestandaardiseerde ekstrak van *Garcinia cambogia* wat 'n minimum van 60 % (-) Hidroksiesitriese suur (HCA) bevat. HCA het getoon dat dit sitraat spletings-ensiem inhibeer, *de novo* vetsuursintese en voedselname onderdruk, en gewigstoename verminder. Dit inhibeer die ekstra mitochondriale ensiem adenosienfostaat-sitraat (pro-3S)-liase mededingend, wat die omskakeling van sitraat en koënsiem A na oksaalasetaat en asetiel koënsiem A (asetiel-KoA), die primêre boustone van vetsure en cholesterolinsense, kataliseer. As 'n sitraat spletings-ensiem kan dit 'n rol speel in die inhibering van *de novo* lipogeenese. HCA se doeltreffendheid om ATP sitraat-liase te inhibeer is heeltemal afhanklik van die teenwoordigheid van HCA binne die teikensel, en verminderde HCA opname sal die gewigsverlagende effekte verminder.

### INDIKASIES

Aangedui as hulpmiddel tot 'n gewigsbeheerprogram, wat 'n energie-beperkte dieet en gereelde oefening insluit.

### KONTRA-INDIKASIES

Vermý met 'n bekende allergie of hipersensitiewiteit vir *Garcinia cambogia*, enige van sy bestanddele, insluitende kafeien of tannien, of lede van die *Theaceae* familie.

Moenie tydens swangerskap of borsvoeding gebruik nie.

HCA is waarskynlik onveilig vir gebruik in pasiënte met Alzheimer se siekte en ander demensia sindrome te wyte aan die teoretiese moontlikheid van die vorming van asetielcholine in die brein.

### WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

Nie aanbeveel vir gebruik in kinders jonger as 18 jaar nie.

Diabete/hipoglukemiese individue moet daarop let dat hierdie produk bloedsuikervlakke kan verlaag – diabete sal moontlik medisyne dosisse moet verminder. Bespreek die gebruik van hierdie medikasie met u genesheer voor gebruik.

Gebruik versigtig in pasiënte met 'n geskiedenis van rabdomiolise of in pasiënte wat HMG CO-A reduktase-inhibeerdors ("statiene") neem – dit kan die risiko vir rabdomiolise verhoog.

Potensiële bewyse dat wanneer HCA geneem word deur pasiënte met bloedstollings disfunksies of die behandel word met anti-koagulant/anti-stol middels die gebruik van HCA plaatjie aggragasie mag inhibeer en die risiko vir bloeding verhoog.

Die neem van meer as die aanbevole dosis sal nie die resultate verbeter nie en kan nadelige reaksies veroorsaak.

Bespreek asseblief met jou gesondheidspraktisyn voordat jy hierdie medisyne gebruik.

### SWANGERSKAP EN LAKTASIE

Moenie hierdie medisyne tydens swangerskap of borsvoeding gebruik nie.

### INTERAKSIES

Lig altyd jou gesondheidspraktisyn in as jy enige ander medisyne neem.

### DOSIS EN GEBRUIKSAANWYSINGS

*Volwassenes:* Neem 1 kapsule, tweemaal per dag, voor maaltye.

Moenie die aanbevole dosis oorskry nie. In die geval van oordosering, skakel dringend u dokter of apteker. Indien hul nie beskikbaar is nie, kontak u naaste hospitaal of gifbeheersentrum.

Moenie medisyne wat vir jou voorgeskryf is met ander mense deel nie.

### NEWE-EFFEKTE

Die volgende newe-effekte kan geassosieer word met die gebruik van **USN GARCINIA CAMBODIA** en word onder hulle ooreenstemmende liggaamsorgane klas gelys:

**Gastro-intestinale versteurings:** Abdominale ongemak, diarree, hardlywigheid, naarheid, vormering.

**Immuunsisteem versteuring:** Hipersensitiewiteit en/of allergiese reaksies.

**Endokriene sisteem:** Pasiënte wat orale hipoglukemiese middels gebruik, word gewaarsku teen die gebruik van *Garcinia cambogia* as gevolg van die teoretiese moontlikheid van die verhoging van die aksie van hipoglukemiese medisyne.

**Neurologies:** Hoofpyn, duiseligheid, rusteloosheid, slapeloosheid, depressie.

Nie alle newe-effekte wat vir hierdie medisyne aangemeld is, word in hierdie voubiljet genoem nie. Indien jou algemene gesondheid agteruitgaan of jy enige ongunstige effekte ervaar terwyl jy hierdie medisyne neem, raadpleeg asseblief jou dokter, apteker of ander gesondheidspraktisyn.

### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

Geen. Behandeling is simptomaties en ondersteunend van aard.

### IDENTIFIKASIE

'n Wit kapsule wat wit poeier bevat.

### AANBIEDING

'n Plastiek houer met 60 kapsules.

### BERGINGSAAANWYSINGS

Bêre op koel, droë plek teen of benede 25 °C.  
STOOR BUITE DIE BEREIK VAN KINDERS.

### REGISTRASIONOMMER

Sal deur die Medisynebeheerraad toegeken word.

### NAAM EN BESIGHEIDSAADRES VAN DIE APPLIKANT

USN (Edms) Bpk  
Gebou C, Southdowns Office Park, 2de Vloer, Karee Straat 21,  
Irene Uitbr. 54, 0157.  
Tel: 0861 111 876

### DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

November 2020.

### DISSIPLINE

Kruid medisyne.

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geevalueer vir sy kwaliteit, veiligheid of beoogde gebruik nie.

SEL001/P/VA

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