An official website of the United States government
Here's how you know

FULL TEXT LINKS

ELSEVIER FULL-TEXT ARTICLE

Clinical Trial Physiol Behav. 2000 Oct;71(1-2):87-94. doi: 10.1016/s0031-9384(00)00321-8.

Effects of (-)-hydroxycitric acid on appetitive variables

R D Mattes [1], L Bormann

Affiliations

PMID: 11134690 DOI: 10.1016/s0031-9384(00)00321-8

Abstract

(-)-Hydroxycitric acid (HCA) reportedly promotes weight loss, in part, through suppression of hunger. However, this mechanism has never been evaluated in humans in a controlled study. Eighty-nine mildly overweight females were prescribed 5020-kJ diets for 12 weeks as part of a double-blind, placebo-controlled parallel group study. Forty-two participants ingested 400-mg caplets of Garcinia cambogia 30-60 min prior to meals for a total dose of 2.4 g/day (1.2 g/day HCA). Forty-seven participants ingested matched placebos. Weight and body composition were assessed at baseline and every other week for 12 weeks. Food intake and appetitive variables were assessed at baseline and monthly for 12 weeks. Both groups lost body weight with the active group achieving a significantly greater reduction (3. 7+/-3.1 kg versus 2.4+/-2.9 kg). No effects of the HCA were observed on appetitive variables. The active treatment group did not exhibit better dietary compliance or significant correlations between appetitive variables and energy intake or weight change. This study does not support a satiety effect of HCA.

PubMed Disclaimer

Related information

GEO Profiles
PubChem Compound (MeSH Keyword)

LinkOut - more resources

Full Text Sources
Elsevier Science

Other Literature Sources
The Lens - Patent Citations Database

Medical
MedlinePlus Consumer Health Information
MedlinePlus Health Information