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APPENDIX A: BACKGROUND AND HISTORY OF USE

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Overview

In this appendix entitled Background and Introduction to (-)-HCA we present two articles that are a useful starting point when considering the safety of (-)-HCA.

In the first scientific article by Lewis and Neelakantan, the ~~main acid~~ in the rind of the fruit of Garcinia Cambogia is identified as a (-)-Hydroxycitric Acid. This was the first time that this acid was identified in nature. Fruit rind of Garcina Cambogia is widely used in India to make meals seem more filling and in this article the key constituent of the fruit rind is identified. Many further studies used this information to investigate the mechanism and efficacy of (-)-Hydroxycitric Acid in appetite suppression.

The second article is entitled the Diet and Health benefits of HCA is an overview of the botany, chemistry, mechanisms of action and safety of (-)-HCA. The authors, Clouatre and Rosenbaum have based their review on 60 research papers. They conclude that (-)-HCA is a safe and efficacious ingredient with many potential health benefits.

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RESEARCH PAPER (-)-HYDROXYCITRIC ACID - THE PRINCIPAL ACID IN THE FRUITS OF GARCINIA CAMBOGIA DESR.
Y. S. Lewis and S. Neelakantan Central Food Technological Research Institute, Mysore, India Received 15 March 1964. Available online 2 April 2001.

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THE DIET AND HEALTH BENEFITS OF HCA
(Hydroxycitric Acid)
Dallas Clouatre, Ph.D. and Michael Rosenbaum, MD