

GARCINIA CAMBOGIA: UN FRUTTO PER DIMAGRIRE?

SONJA BELLOMI

Fondazione ITS Biotecnologie e Nuove Scienze della Vita Piemonte | Italia

RIFERIMENTI BIBLIOGRAFICI

1. *Encyclopedia of Dietary Supplements*. 2nd ed. New York, NY: Informa Healthcare; 2010.
2. A comprehensive scientific overview of *Garcinia cambogia*.
Semwal RB, Semwal DK, Vermaak I, Viljoen A. *Fitoterapia*. 2015 Apr;102:134-48
<https://www.ncbi.nlm.nih.gov/pubmed/25732350>
3. LiverTox: Clinical and Research Information on Drug-Induced Liver Injury [Internet].
Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases.
<https://www.ncbi.nlm.nih.gov/books/NBK548087/>
4. *Prog Lipid Res*. 2020 Jan;77:101006.
ATP-citrate lyase (ACLY) in lipid metabolism and atherosclerosis: An updated review
Xiaojun Feng, Lei Zhang, Suowen Xu, Ai-Zong Shen
<https://pubmed.ncbi.nlm.nih.gov/31499095/>
5. Safety and mechanism of appetite suppression by a novel hydroxycitric acid extract (HCA-SX).
Ohia SE, Opere CA, LeDay AM, et al *Mol Cell Biochem* 2002; 238:89–103
<https://www.ncbi.nlm.nih.gov/pubmed/12349913>
6. *Complement Ther Med*. 2020 Aug;52:102451.
Effect of *Garcinia cambogia* supplement on obesity indices: A systematic review and dose-response meta-analysis
Mahdiah Golzarand, Mahsa Omidian, Karamollah Toolabi
<https://pubmed.ncbi.nlm.nih.gov/32951714/>
7. *J Obes*. 2011;2011:509038.
The Use of *Garcinia* Extract (Hydroxycitric Acid) as a Weight loss Supplement: A Systematic Review and Meta-Analysis of Randomised Clinical Trials
Igho Onakpoya, Shao Kang Hung, Rachel Perry, Barbara Wider, Edzard Ernst
<https://pubmed.ncbi.nlm.nih.gov/21197150/>
8. *Nutrients*. 2021 Jan 29;13(2):450.
Risks Associated with the Use of *Garcinia* as a Nutritional Complement to Lose Weight
Naroa Andueza, Rosa M Giner, Maria P Portillo
<https://pubmed.ncbi.nlm.nih.gov/33572973/>
9. *Cureus*. 2022 Feb 15;14(2):e22225.
Garcinia cambogia-A Supplement-Related Liver Injury
Loreto L Calaquian, Irene Yau
<https://pubmed.ncbi.nlm.nih.gov/35350509/>
10. *Intern Emerg Med*. 2018 Sep;13(6):857-872.
Acute liver injury following *Garcinia cambogia* weight-loss supplementation: case series and literature review
Giada Crescioli, Niccolò Lombardi et al.
<https://pubmed.ncbi.nlm.nih.gov/29802521/>
11. *Garcinia Cambogia*
<https://www.nccih.nih.gov/health/garcinia-cambogia>
12. LiverTox - Clinical and Research Information on Drug-Induced Liver Injury
Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases; 2012

NUTRA

HORIZONS **Italia – 4 2022**

<https://www.ncbi.nlm.nih.gov/books/NBK547852/>

13. Ministero della Salute

https://www.salute.gov.it/portale/temi/p2_6.jsp?id=1424&area=Alimenti%20particolari%20e%20integratori&menu=integratori