

Effects of a combined treatment with Glucomannan and Garcinia cambogia on patients with obesity

Submission date 15/01/2018	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 17/01/2018	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 17/01/2018	Condition category Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Overweight and obesity are considered major health problems that contribute to a reduction in quality of life and increase mortality (death) risk. Both conditions have a high prevalence across the world reaching epidemic numbers. Weight loss supplements are becoming popular as a weight to lose fat. Garcinia cambogia (GC) is a fruit that has an ingredient that might increase weight loss. Glucomannan (GNN) is an ingredient derived from a plant that is also marketed for weight loss. The aim of this study is to evaluate the effects of the administration of Garcinia cambogia (GC) and Glucomannan (GNN) on long-term weight loss in people with overweight or obesity.

Who can participate?

Adults aged 18 and older who have a BMI over 25.

What does the study involve?

Participants have a balanced diet (Mediterranean diet), regular meals and intake of plenty of water. Standardised extracts of Garcinia cambogia (52.4% Hydroxycitric acid) and Amorphophallus konjac (94.9%, Glucomannan) are administered separately in capsules of 500 mg each. Participants are treated with GC (500 mg), twice a day, half an hour before lunch and dinner and GNN (500 mg), twice a day, half an hour before lunch and dinner for six months. Participants are assessed for their weight and fat percentage.

What are the possible benefits and risks of participating?

Participants may benefit in improvements in their condition. There are no direct risks with participating.

Where is the study run from?

Scientifics Aesthetics Clinics of the body (Spain)

When is the study starting and how long is it expected to run for?

June 2014 to October 2017

Who is funding the study?
Universidad de Córdoba (Spain)

Who is the main contact?
Professor José L Lancho (Scientific)

Contact information

Type(s)
Scientific

Contact name
Prof José L Lancho

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Additional identifiers

Protocol serial number
GC/GNN-2

Study information

Scientific Title
Combined treatment of Garcinia cambogia and Glucomannan reduce weight, change body composition and ameliorate lipid and glucose blood profiles of people with overweight or obesity

Study objectives
Combined treatment reduces weight, changes body composition and ameliorate lipid and glucose blood profiles in overweight/obese patients.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethical Boards of Hospital Universitario Reina Sofia de Córdoba (Spain), 14/09/2014, ref: GC /GNN-2

Study design

Non randomized prospective trial evaluating differences between two dependent means (matches pairs design)

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Obesity/overweight

Interventions

Participants have a balanced diet (Mediterranean diet), regular meals and intake of plenty of water. Standardised extracts of *Garcinia cambogia* (52.4% Hydroxycitric acid) and *Amorphophallus konjac* (94.9%, Glucomannan) are administered separately in capsules of 500 mg each. Participants are treated with GC (500 mg), twice a day, half an hour before lunch and dinner and GNN (500 mg), twice a day, half an hour before lunch and dinner for six months.

Intervention Type

Supplement

Primary outcome(s)

1. Weight is measured using digital balance (HD-305 Tanita™) to the nearest 0.1 kg at baseline, three and six months of treatment
2. Fat mass is measured using a BioScan Spectrum operating at 50 KHz at baseline, three and six months of treatment
3. Visceral Fat mass is measured using the BioScan Spectrum operating at 50 KHz at baseline, three and six months of treatment

Key secondary outcome(s)

1. Glucose (mg/dl) is measured from blood samples using a colorimetric enzyme assay method (CEPA® kits – MBiolog Diagnósticos Ltda.) at baseline, three and six months of treatment
2. Tryglerides (mg/dl) is measured from blood samples using using a colorimetric enzyme assay method (CEPA® kits – MBiolog Diagnósticos Ltda.) at baseline, three and six months of treatment
3. Cholesterol (mg/dl) is measured from blood samples using a colorimetric enzyme assay method (CEPA® kits – MBiolog Diagnósticos Ltda.) at baseline, three and six months of treatment

Completion date

01/10/2017

Eligibility

Key inclusion criteria

1. Males and females
2. Aged 18 years old
3. Have an BMI>25

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

1. Pregnancy or lactation
2. Gastroplasty or gastrointestinal weight-reducing surgery
3. Stopped smoking during the past 6 months
4. Kidney disease
5. History of recurrent kidney stones
6. Liver dysfunction
7. Untreated high blood pressure
8. History or symptoms of gallstones
9. Cancer
10. History of endocrine disorders (particularly hypothyroidism)
11. History of bulimia and/or laxative abuse
12. Mental disorders with impaired independence
13. History of alcohol or other drug abuse

Date of first enrolment

08/01/2015

Date of final enrolment

08/01/2017

Locations**Countries of recruitment**

Spain

Study participating centre

Scientifics Aesthetics Clinics of the body

Avda. Periodista quesada Chacon numero 1

Cordoba

Spain

14071

Sponsor information

Organisation

University of Córdoba

ROR

<https://ror.org/05yc77b46>

Funder(s)

Funder type

University/education

Funder Name

Universidad de Córdoba

Results and Publications

Individual participant data (IPD) sharing plan

In order to comply with Spanish law we can not describe this information unless a writing consent from each patient has been signed.

IPD sharing plan summary

Not expected to be made available