

NATURAL HEALTH PRODUCT

GREEN COFFEE BEAN EXTRACT

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

August 28, 2018

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)	
		Proper name(s)	Part(s)
Green coffee bean extract	Green coffee bean extract	<ul style="list-style-type: none"> ▶ <i>Coffea arabica</i> ▶ <i>Coffea canephora</i> 	Seed

References: Proper name: Kozuma et al. 2005; Common name: Kozuma et al. 2005; Source materials: USDA 2018, Thom 2007, Kozuma et al. 2005.

Route of administration

Oral

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

- ▶ Could (be a) complement to a healthy lifestyle that incorporates a calorie-reduced diet and regular physical activity for individuals involved in a weight management program (Thom 2007; Dellalibera et al. 2006).
- ▶ Helps maintain healthy blood pressure levels (Mubarak et al. 2012; Watanabe et al. 2006; Kozuma et al. 2005).
- ▶ Helps support cardiovascular health (Mubarak et al. 2012; Watanabe et al. 2006; Kozuma et al. 2005).
- ▶ Source of/Provides antioxidants (Farah et al. 2008; Castellucio et al. 1995).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Antioxidant

Methods of preparation: Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Not to exceed 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% of caffeine (Thom 2007).

Weight Management

Methods of preparation: Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

400 - 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% caffeine (Thom 2007; Dellalibera et al. 2006).

Blood pressure; Cardiovascular health

Methods of preparation: Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

115 - 1000 milligrams of extract per day, standardized to 45-50% chlorogenic acids and up to 4% caffeine (Thom 2007; Watanabe et al. 2006; Kozuma et al. 2005).



Note

For Blood pressure and/or Cardiovascular health claims:

Green coffee bean extract (maximum 4% caffeine) cannot be combined with caffeine or other medicinal or non-medicinal ingredients containing caffeine.

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding.

Contraindication(s)

Do not use this product if you are pregnant.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.

References cited

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