

Caralluma 2021

Journal

Scientific Reports

Article

The effect of an orally-dosed Caralluma Fimbriata extract on appetite control and body composition in overweight adults

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Key Words

- Appetite; Satiety
- Body composition
- *Caralluma Fimbriata* extract (CFE)

Summary / Key Points

A 2021 study finds that supplementation of herbal extract, *C. Fimbriata* (CFE) can help maintain body weight, reduce waist circumference and caloric intake. The trial contributes to growing literature for safe and effective weight loss measures.

See below for more...

CFE is an edible succulent native to India, Pakistan and Afghanistan. Working theories for the bioactive's mechanism of action include the suppression of appetite stimulant NeuropeptideY (NPY) and the 'hunger hormone' ghrelin.

This study was a randomised controlled trial (RCT) with participants randomly allocated into an 'active' group (CFE supplementation daily for four months) and a placebo 'control' group. The trial was double blinded meaning that neither participants nor investigators knew about subject allocation.

Participants (mostly females aged 20 to 50, overweight) were asked to maintain their current diet and exercise schedule which were documented via three-day food diaries, 24-hour recalls and food frequency questionnaires. Subjective satiety was evaluated using a motivation to eat scale and biochemical satiety markers (ghrelin, leptin and NPY) were recorded. Body composition was measured using dual-energy X-rays, anthropometric measures and blood tests.

After 16 weeks of treatment, the CFE group showed significant reductions in caloric intake and waist circumference compared to the placebo group, who experienced an increase in weight, fat mass and waist circumference. CFE was found to maintain bodyweight which may be attributed to greater sensitivity to satiety receptors.

- CFE supplementation shown to reduce fat mass and caloric intake in overweight individuals
- Changes in calorie consumption did not affect satiety hormones in active group participants
- Study prompts further enquiry into links between CFE and sensitivity to satiety receptors

[Click here \(link to website / paper\)](#) to read more about this study and RDC Clinical.

Natural Supplement helps to control appetite

A recent RCT find that herbal extract *C. Fimbriata* (CFE) helps to reduce waist circumference and caloric intake.

The edible succulent is native to India, Pakistan and Afganistan.

Active group participants showed **significant differences** compared to placebo. See below for more info...



