



Reasons To Avoid Garcinia Cambogia When Breastfeeding



Nursing infants may show side effects such as appetite loss and high metabolic rate if the mother consumes Garcinia. The baby's blood sugar levels may also be affected.

Natural supplements may interfere with postpartum medications. Garcinia may affect the metabolic system and blood glucose levels of breastfeeding mothers.



Garcinia has weight-loss effects and may reduce appetite. This may affect the nutritional status of lactating mothers.

There is a lack of sufficient research supporting the safety of Garcinia in nursing mothers and infants. Thus, each breastfeeding mother and infant may react differently to the fruit.

