

GARCINIA CAMBOGIA
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Factors To Consider When Consuming Garcinia Cambogia During Pregnancy

Using weight loss supplements or herbs (such as Garcinia cambogia) is not advisable while pregnant.



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The safety of using it during pregnancy has not been established.

There have been reports of liver toxicity associated with products containing Garcinia.



It may reduce appetite, leading to decreased food intake.

Gastric troubles and headaches are potential side effects of using Garcinia cambogia.



Reference:

1. Garcinia Cambogia; NIH