Obesimed® Forte - Vasques CAR, Rossetto S, Halmenschlager G, Linden R, Heckler E, Fernandez MSP, and Alonso JL. Evaluation of the Pharmacotherapeutic Efficacy of Garcinia cambogia plus Amorphophallus konjac for the Treatment of Obesity. Phytother. Res. 22, 1135–1140 (2008).

Authors (year published)	Study design	Total patients	Intervention	Reported outcomes/results	Adverse events	Appraisal	Level
Vasques CAR, et al., 2008	Double-blind, controlled, randomized trial.	58	Glucomannan+ G.cambogia	Significant reduction in total cholesterol compared with placebo, without influencing the anthropometric parameters tested.	Reported	D2 A1 P1 R1 T1 O1 F1 S1 C1	I

CASP Questions for making sense of evidence

1. Did the study ask a clearly focused question?	2. Was this a RCT, and was it appropriately so?	3. Were participants appropriately allocated to intervention and control groups?	4. Were participant, staff, and study personnel blinded to participants' study group?	5. Were all participants who entered the trial accounted for at its conclusion?	6. Were the participants in all groups followed up and data collected in the same way?	7. Did the study have enough participants to minimize the play of chance?	8. How are the results presented, and what is the main result?	9. How precise are these results?	10. Were all important outcomes considered so that the results can be applied?
Yes	Yes. Appropriate for this study	Yes. Participants randomly assigned to glucomannan or placebo for 12 wk.	Yes	Yes.58 obese patients	Safety and efficacy data obtained on all patients	Yes-power analysis performed.	Significant reduction total cholesterol (−32,0 mg/dL) and LDL-c levels (−28,7 mg/dL).	Statistical tests appropriately used can have confidence in results.	Efficacy and safety both considered.

<u>Synopsis</u> - Vasques CAR, Rossetto S, Halmenschlager G, Linden R, Heckler E, Fernandez MSP, and Alonso JL. Evaluation of the Pharmacotherapeutic Efficacy of Garcinia cambogia plus Amorphophallus konjac for the Treatment of Obesity. Phytother. Res. 22, 1135–1140 (2008).

Aim: to evaluate the pharmacotherapeutic efficacy of standardized extracts of Garcinia cambogia extract, Amorphophallus konjac (94.9% glucomannan) in the treatment of obesity.
Study design: randomized, double-blind, controlled clinical trial.
Subjects: 58 obese subjects aged between 25 and 60 years with BMI 30,0–39,9 kg/m2 were assigned to the placebo group (n = 26) or the treatment group (n = 32). Daily doses for 12 weeks: Garcinia cambogia (2,4 g) plus Amorphophallus konjac (1,5 g) extracts. Obese subjects not undergoing any dietary restriction were assigned to receive either placebo (n = 26; 21 female, 5 male) or the test treatment (n = 32; 25 female, 7 male). Before the start of treatment, and every 4 weeks thereafter, the following were recorded: height, weight, circumferences and body composition, resting energy expenditure (REE), lipid profile and glucose levels.
Results: a significant reduction was observed in total cholesterol (−32,0 ± 35,1 mg/dL) and LDL-c levels (−28,7 ± 32,7 mg/dL) in the treated group, the final levels being significantly lower than those of the placebo group (p = 0,008 and p = 0,020, respectively). The treatment had no significant effect on anthropometric parameters, REE, triglycerides or glucose levels.
Authors' conclusion: the treatment had a significant hypocholesterolemic effect, without influencing the anthropometric or calorimetric parameters tested.