



Egyptian Herbal Monograph

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Volume 3 Herbal Formulations Used in Egypt

Egyptian Drug Authority (EDA)

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Gymnema, Ascorbic Acid, Chitosan, Chromium جيمنيم / حمض الأسكوربيك / شيتوزان / كروميوم

1. Names & Synonyms

Gymnema (1)

***Gymnema sylvestre* (Retz.) R.Br. ex Sm.**

Family: Asclepiadaceae.

Syns.: *Marsdenia sylvestris* (Retz.) P.I.Forst., *Periploca sylvestris* Retz., *Apocynum alterniflorum* Lour., *Asclepias geminata* Roxb., *Conocalpis umbellata* Bojer ex Decne., *Cynanchum senegalense* Sieber ex Decne., *Cynanchum subvolubile* Schumach. & Thonn., *Periploca tenuifolia* Humb. & Bonpl. ex Schult., *Strophanthus alterniflorus* (Lour.) Spreng.

Arabic: Gymnema جيمنيم

English: Gymnema (2,3).

2. Parts used for medicinal purpose

***Gymnema*:** Dried leaves (2, 4).

3. Major chemical constituents

***Gymnema* (5)**

- **Saponins:** Gymnemic acids, gymnemasaponins, gymnemoside A,B,C,D,E,F, and gymnemasin A,B,C,D
- **Terpenes:** Gymmestrogenin, gymnemanol, stigmasterol-and lupeol
- **Others:** Gurmarin (polypeptide), flavonol glycoside (Kaempferol 3-glycoside), dquercitol, conduritol A, tannins and paraben.



4. Medicinal uses (Indications)

For sweet-taste suppression and for weight loss during weight control diet program.

5. Herbal preparations correlated to medicinal use

Combination of gymnema powder extract (Solvent used: 70% ethanol), chitosan powder, ascorbic acid and chromium.

Herbal preparation is in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults

Combination of 50 mg of gymnema extract, 500 mg of chitosan powder 100 mg of ascorbic acid and 6.215 mcg of chromium.

Method of administration: Oral use.

7. Contraindications

Hypersensitivity to active substance (s) and to other plants of the same family.

8. Special warnings and precautions for use

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- Use in children and adolescents under 18 years of age is not recommended
- Use cautiously in diabetic patients using hypoglycemic medications, due to possible potentiation of effects. Serum glucose levels should be monitored, and doses of concomitant hypoglycemic drugs may require adjustment under the medical supervision. Hypoglycemia may also occur in nondiabetic patients (6).
- Can interfere with blood sugar control during and after surgery. It should be stopped at least 2 weeks before a scheduled surgery (2).



- May cause decreased LDL cholesterol, and total cholesterol, use cautiously in patients taking antilipemic agents. Concomitant use of with other lipid-lowering agents may potentiate their effects (6).

9. Interactions with other medicinal products and other forms of interaction

- **Antidiabetics/ Insulin:** The product may potentiate the effects of hypoglycemic drugs in diabetic patients (2,6).
- **Lipid-lowering agents:** Concomitant use with other lipid-lowering agents may potentiate their effects (6).
- **Weight loss agents:** Concomitant use with anti-obesity herbs and supplements, appetite suppressants and chromium, may potentiate their effects (6).
- **Thyroid medication:** The product can reduce absorption of levothyroxine (Synthroid). Separate doses by at least 3–4 hours are recommended (7).

Lab test:

- The product may lead to decrease blood glucose, glycosylated hemoglobin (HbA1c), LDL and total cholesterol (4).

10. Fertility, pregnancy and lactation

- The use during pregnancy and lactation is avoided (8).
- No fertility data available.

11. Effects on ability to drive and use machines

No studies on the effect on the ability to drive and use machines have been performed.

12. Undesirable effects (4)

- Gastrointestinal symptoms such as abdominal pain, nausea, vomiting, bloating, indigestion, and anorexia.
- Hypersensitivity reactions and hypoglycemia.



- If adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

No case of overdose has been reported.

14. Relevant biological properties

Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

21/05/2026.



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