

Table S1. Characteristics and composition (data per formulation unit) declared on labels of *G. cambogia* food supplements under study.

Code	Type	<i>G. cambogia</i> amount (-)-HCA content)	Other declared constituents	Acquisition
GCFS1A*	Tablets	416 mg <i>G. cambogia</i> (≥ 60% (-)-HCA)	20.625 mg choline, 0.35 mg vitamin B6, 20 mg vitamin C, 10 µg chrome	Herbal shop
GCFS1B*	Tablets	416 mg <i>G. cambogia</i> (≥ 60% (-)-HCA)	20.625 mg choline, 0.35 mg vitamin B ₆ , 0.20 mg vitamin C, 10 µg chrome	Herbal shop
GCFS2	Capsules	250 mg <i>G. cambogia</i> extract (60% (-)-HCA)	-	Herbal shop
GCFS3	Capsules	401 mg <i>G. cambogia</i> extract (50% (-)-HCA)	-	Pharmacy
GCFS4	Capsules	350 mg <i>G. cambogia</i> dry extract (50% (-)-HCA)	60 mg vitamin C, 40 µg chrome	Supermarket
GCFS5	Capsules	350 mg <i>G. cambogia</i> fruit dry extract (175 mg (-)-HCA)	Maltodextrin, magnesium stearate	Supermarket
GCFS6	Capsules	300 mg <i>G. cambogia</i> dry extract (60 % (-)-HCA, 180 mg)	Cellulose	Online
GCFS7	Capsules	300 mg Garcinia dry extract (60 % (-)-HCA)	Mannitol, cellulose, magnesium stearate and silicon dioxide	Online
GCFS8	Capsules	500 mg <i>G. cambogia</i> fruit dry extract (60% (-)-HCA)	Magnesium stearate and silicon dioxide	Supermarket
GCFS9	Tablets	1200 mg <i>G. cambogia</i> fruit dry extract (60% (-)-HCA, 720 mg)	Magnesium stearate and cellulose, cornstarch	Herbal shop
GCFS10	Capsules	1500 mg <i>G. cambogia</i> fruit extract (60% (-)-HCA)	Cellulose, magnesium stearate, silicon dioxide	Online
GCFS11	Tablets	Garcinia dry extract (fruit) (60% (-)-HCA, 360 mg)	Cellulose, maltodextrins, calcium phosphate, magnesium stearate	Online
GCFS12	Capsules	500 mg <i>G. cambogia</i> fruit rind extract (60% (-)-HCA)	Magnesium stearate, silicon dioxide	Online
GCFS13	Capsules	1000 mg <i>G. cambogia</i> extract	Hydroxypropylmethyl cellulose, Magnesium stearate	Online
GCFS14	Capsules	500 mg <i>G. cambogia</i> pure extract	Cellulose, magnesium stearate, silicon dioxide	Online
GCFS15	Tablets	2000 mg per 2 caplets, <i>G.</i> <i>cambogia</i> fruit dry extract. (60% (-)-HCA, 1200 mg per 2 caplets)	Sodium carboxymethyl cellulose, cellulose, dicalcium phosphate, magnesium stearate, silicon dioxide	Online
GCFS16	Capsules	<i>G. cambogia</i> 4:1, pure natural source (60% (-)-HCA)	Calcium carbonate, hydroxypropylmethyl cellulose	Online
GCFS17	Powder	<i>G. cambogia</i> dry extract 61.60% (-)-HCA	-	Biotechnological company

*Supplements from the same brand but of different production batches

Table S2. Analytical parameters for the validation of the LC-UV method for (-)-HCA determination ($n = 5$).

Calibration curve	$y = 146147377x - 1234424$ ($R^2 = 0.9991$)
Linear range (mg mL^{-1})	0.05–1
Repeatability (RSD %)	1.45
Intermediate precision (RSD %)	1.17
<i>LOD</i> (mg mL^{-1})	0.140 (SD 0.005)
<i>LOQ</i> (mg mL^{-1})	0.45 (SD 0.015)
Recovery (%)	
GFS12 + 0.05 mg	100.9 (SD 1.3)
GFS12 + 0.15 mg	101.2 (SD 2.4)
GFS12 + 0.25 mg	101.3 (SD 1.7)

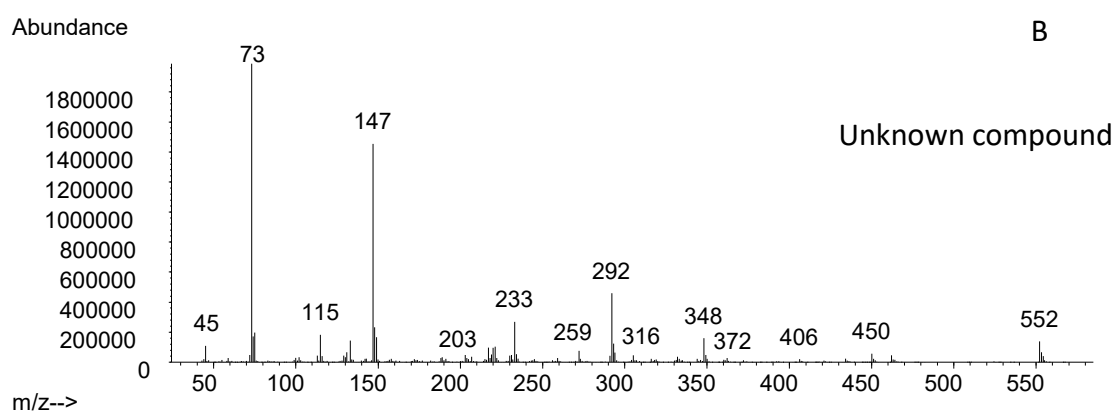
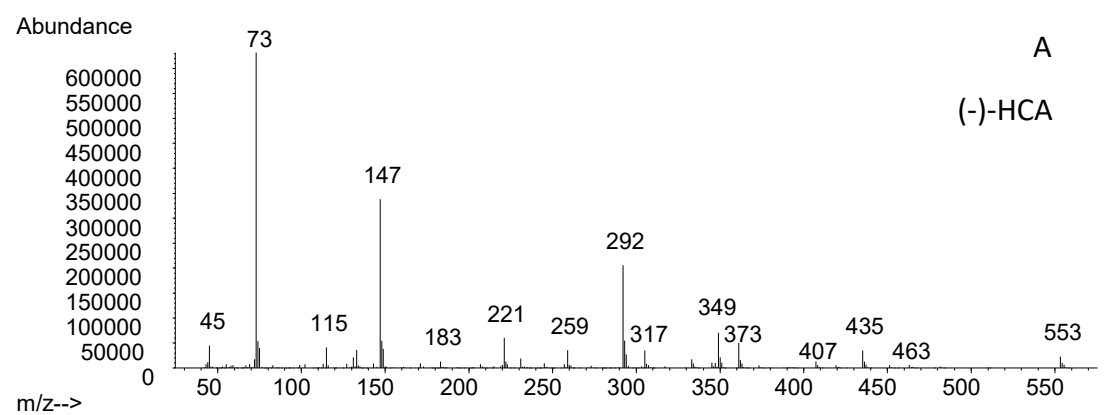


Figure S1. Mass spectra of derivatized (-)-HCA (A) and an unknown compound (B) eluting by gas chromatography at t_R 9.63 min found in kudam puli extracts.