

EFFICACY OF MANGOSTEEN JUICE CONCENTRATE MIXED WITH
GARCINIA FOR WEIGHT LOSS IN OBESE FEMALES

JUTAWAN NUANCHANKONG 5637576 RANU/M

M.Sc. (NUTRITION)

THESIS ADVISORY COMMITTEE: PREEYA LEELAHAGUL, D.Sc.,
RATCHANEE KONGKACHUICHAI, Ph.D., VARAPAT PAKPEANKITVATANA, D.Sc.

ABSTRACT

The aim of this study was to determine the efficacy of mangosteen juice concentrate mixed with garcinia for weight loss and body fat reduction in obese females. A repeated measures design was conducted with 42 obese females. This study provided nutritional therapy as the following: first 4 weeks (week 1 - 4) subjects received dietary advice for weight loss, weeks 5 – 8 subjects received the same dietary advice as week 1 – 4 and replaced 2 regular meals with 1 can mangosteen juice concentrate mixed with garcinia (MJ) with Garcinia biscuit barbecue (GB) for lunch and 1 can of MJ for dinner; and weeks 9 - 12 subjects also received the same advice as week 1 – 4. The body composition, 3 waist circumference sites, blood chemistry, 24-hr dietary record were followed up and evaluated every 4 weeks throughout the study.

After the obese female subjects drank MJ with GB with diet control for 4 weeks, the result showed that body weight, body mass index, body fat, segmental fat, and 3 waist circumference sites reduction were greater than the first 4 weeks of dietary advice. Moreover, the subjects who drank MJ with GB for lunch and 1 can of MJ for dinner gave them satiety, which then subsequently decreased their appetite. The study found that MJ with GB was able to help 10 subjects with uncontrolled diet; it helps them achieve their weight and body fat reduction more easily.

In conclusion, MJ with GB had better effects on weight loss and body fat reduction than diet control. It had an efficacy to reduce segmental fat and 3 waist circumference sites without any adverse effect.

KEY WORDS: OBESITY / WEIGHT LOSS / BODY FAT / MANGOSTEEN /
GARCINIA

99 pages