



PATIENT & CAREGIVER EDUCATION

Mangosteen

This information describes the common uses of Mangosteen, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Mangosteen has not been shown to treat cancer in humans.

The fruits of mangosteen are used in traditional medicine in Southeast Asia to treat skin infections, wounds, and diarrhea. Laboratory studies have shown that compounds present in mangosteen fruit are effective against bacterial and fungal infections and can reduce inflammation. Other studies have shown that mangosteen can inhibit the growth of various types of cancer cells. There is also evidence that some compounds in mangosteen act as free-radical scavengers to prevent damage by low density lipoprotein (LDL), more commonly known as bad cholesterol.

Small clinical studies suggest benefits of mangosteen-containing products as adjuncts in periodontal treatment; controlling halitosis; and in the treatment of chronic periodontitis. Mangosteen extracts were also found useful for weight management. Confirmatory studies are needed.

What are the potential uses and benefits?

- **Infections**

Laboratory studies have shown that mangosteen has antibacterial and antifungal properties. Human data are lacking.

- **Diarrhea**

This use is not supported by clinical trials, and in an animal study appeared to worsen ulcerative colitis.

- **Inflammation**

Laboratory studies suggest that mangosteen inhibits enzymes involved in inflammation.

- **Wound healing**

Clinical data are lacking.

What are the side effects?

Case Report: Severe lactic acidosis following consumption of mangosteen juice daily for 12 months.

Alpha-mangostin exacerbated symptoms of experimental colitis in a mice model. Clinical relevance is not known.

What else do I need to know?

Do Not Take if:

- **You are taking cytochrome P450 substrate drugs:** Mangosteen may increase the risk of side effects of these drugs. Clinical relevance is not known.
- **You are taking calcineurin inhibitors (cyclosporine, tacrolimus):** Compounds isolated from mangosteen may have additive immunosuppressant effects if used with related drugs. Clinical relevance is not known.
- **You are undergoing chemotherapy or radiation therapy:** Mangosteen products have antioxidant effects and may therefore interfere with the intended effects of cancer treatments.

- You have **diabetes**: Mangosteen is high in sugar content.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Mangosteen - Last updated on February 22, 2023

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