

Grapefruit

Citrus Paradisi



Grapefruit (*Citrus paradisi*) is a citrus fruit. It has been used for weight loss. It has also been used for other conditions, but with limited evidence.

Grapefruit is a source of vitamin C, fiber, potassium, pectin, and other nutrients. People use the fruit, oil from the peel, and extracts as medicine. Drug interactions with grapefruit juice are well documented. Before adding it to your diet, check with your healthcare provider if you take medications.

People commonly take grapefruit by mouth for weight loss, asthma, high cholesterol, cancer, and many other

conditions, but there is no good scientific evidence to support these uses.

Uses

Grapefruit seed extract is said to act as an antimicrobial. It may destroy or slow the growth of microbes like bacteria and fungi. Research also supports the use of grapefruit seed extract as a curing agent in meat products.

Grapefruit seed extract also contains naringenin, which acts as an antioxidant. Antioxidants may help protect cells from damage caused by free radicals.

GSE been used for conditions like:

Acne

Allergies

Athlete's foot

Colds

Cold sores

Eczema

Gingivitis

Sore throat

Vaginal infection

However, research on the health effects of GSE is limited. The American Botanical Council published a report in 2012 stating that the extract's antimicrobial activity may be because of additives in products—not the extract itself.



These additives aren't always disclosed. The Council found that many GSE products on the market contain chemicals—including preservatives and disinfectants—that aren't listed on their labels. This includes benzethonium chloride, a compound found in cosmetics, ointments, and first-aid antiseptics.

Keep these findings in mind as you consider the possible health benefits.

Antibacterial Agent

Grapefruit seed extract may be effective against a drug-resistant bacteria, according to a 2021 study published in the journal *Antibiotics*.

The study tested GSE's effects on some strains of *Staphylococcus aureus*, a harmful bacteria. The extract

stopped the growth of the bacteria even when it was diluted with water.

It's important to know that this was a lab study, not one on humans. More research is needed to confirm that GSE can treat bacterial infections in humans.

Anti-fungal Agent

Candida albicans (*C. albicans*) is a common yeast that can cause infections in humans. It can sometimes lead to dental infections when it grows on dentures.

In a 2019 study, researchers used GSE to disinfect dentures contaminated with *C. albicans*. A 1% solution of GSE stopped the growth of the yeast on the dentures.

More research is needed to confirm the anti-fungal activity of GSE for dental uses.



Possible Side Effects

Grapefruit seed extract may be safe when taken for health purposes. But there is evidence that some GSE products may have chemicals that aren't listed on the label. You should use caution when using GSE, especially dietary supplements.

These supplements are not regulated by the U.S. Food and Drug Administration. They aren't subject to safety testing, and their contents may differ from what is on the label.

The safety of these supplements has not been confirmed in pregnant women, nursing mothers, children, and those with health conditions. If you are thinking about using a supplement, talk to your healthcare provider about how it may interact with medications you take.

