



Clifton Health Department Food Recall Notification



Food/Drug/Pet Recall: Botanical Weight Loss Products

FDA Warns Consumers About Toxic Yellow Oleander Purported to be Nuez de la India in Certain Botanical Weight Loss Products

What is the problem?

FDA and Maryland Department of Health analyses have determined that certain weight loss products labeled as Nuez de la India, and potentially marketed as “botanical food,” “India Nuts for Weight Loss,” “slimming seeds,” “India seeds for weight loss,” or “diet seeds,” appear to be highly toxic yellow oleander, a poisonous plant native to Mexico and Central America.

Ingestion of yellow oleander can cause neurologic, gastrointestinal and cardiovascular adverse health effects that may be severe, or even fatal. Symptoms may include nausea, vomiting, dizziness, diarrhea, abdominal pain, cardiac changes, dysrhythmia, and more.

One person in the state of Maryland is known to have been hospitalized after consuming Nut Diet Max brand Nuez de la India seeds.

These products are typically sold online through third-party platforms (e.g., Amazon, Walmart, eBay)

Tested Products

Botanical weight loss products sampled and determined by the FDA to be substituted with yellow oleander:

Nuez de la India (*Aleurites moluccana*) seeds

Other common names include candlenut, candleberry, Indian walnut, kemiri, and varnish tree

Recommendations for consumers

The FDA is advising consumers to stop using Nut Diet Max brand or Todorganic Natural brand products marketed as Nuez de la India, India nuts, or India seeds because they may contain yellow oleander. For other Nuez de la India, India nuts, or India seeds products, FDA urges customers to exercise caution because of the similar physical appearance between candlenut seeds (which are non-toxic) and highly toxic yellow oleander seeds.

The FDA advises consumers who have taken any of these products of concern to contact their health care provider immediately. Even if these products have not been used recently, consumers should still



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inform their health care provider about which product they took, so that an appropriate evaluation may be conducted.

Call 9-1-1 or get emergency medical help right away if you or someone in your care has serious side effects from these products.

Contact your healthcare provider if you or someone in your care recently ingested these products or other botanical weight loss products and have health concerns.

Consumers can also contact the state poison control center.

Summary and Scope of the Problem

Recently, the Maryland Department of Health (MDH) began sampling and testing weight loss products labeled as Nuez de la India after one person in the state reported the consumption of a Nuez de la India product and was hospitalized. Nuez de la India is marketed as India nuts or seeds, which are generally understood to be nuts from the flowering tree *Aleurites moluccanus*, or commonly known as candlenut, candleberry, Indian walnut, kemiri, and varnish tree. Additional analyses by MDH and FDA revealed that the Nut Diet Max and Todorganic products contained cardiac glycosides and other characteristics consistent with yellow oleander, and not nuts from the *Aleurites moluccanus* plant. Based on these analyses, the Agency determined that the product appeared to be yellow oleander, and not Nuez de la India. The Agency is also concerned that other products with similar marketing descriptions may also contain yellow oleander. Consuming yellow oleander can cause severe adverse health effects and be potentially fatal.

FDA Actions

The FDA is actively working with the third-party platforms where these products are sold and will provide additional information on their actions as it becomes available. In addition, the FDA is working with federal and state partners to further address the concerns related to these products and monitoring the market for adverse events, product complaints, and other emerging issues.

Additional information including product photos and lot codes is available at:

https://www.fda.gov/food/alerts-advisories-safety-information/fda-warns-consumers-about-toxic-yellow-oleander-purported-be-nuez-de-la-india-certain-botanical?utm_medium=email&utm_source=govdelivery