Title: Second Degree AV Heart Block after Candlenut Ingestion

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Background: Second-degree AV block Mobitz Type II is a well understood cardiac conduction abnormality. Although adverse side-effects of other drugs can cause this type of heart block, this is the first report describing a heart block after consumption of a candlenut weight management supplement.

Methods: This is a novel case reports of a second degree heart block after ingestion of candlenuts. A 44-year old woman with no significant past medical history whose only medications included diphenhydramine, OTC cough medication, and a birth control pill presented to the ED hyperventilating and responsive to only painful stimuli. Once the patient gained consciousness, she was complaining of palpitations, generalized weakness, and numbness to her face, tongue, and arms. She also reported to having been on a weight loss regimen, including a diet of lettuce, meat, and drinking water. Her family doctor recommended she take Autentica Semilla, an over-the-counter Brazil seed weight-loss supplement which she obtained from eBay. The patient began taking the pills two days prior to ED presentation and immediately experienced abdominal discomfort, diarrhea, and vomiting. She had a detectable digoxin concentration at 0.3 ng/mL. Her vital signs and laboratory results were otherwise unremarkable. An EKG was obtained and revealed a new onset of second degree atrioventricular block Mobitz Type II.

Results: The patient was admitted for telemetry observation. She was given medication to treat her GI symptoms and IV fluids for hydration. The patient’s heart rhythm was monitored and she was discharged the following day. At time of discharge, the AV block had resolved and she was asymptomatic.

Conclusion: Given that there are no other reported recommendations, the authors recommend that any patient presenting with similar pathophysiology be kept under close monitoring, until symptoms resolve. In this case, the adverse side effects appeared to resolve after cessation of supplement use.