Health Canada Santé Canada

NATURAL HEALTH PRODUCT

GERMAN CHAMOMILE – *MATRICARIA CHAMOMILLA*
Topical

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- Text in parentheses is additional optional information which can be included on the PLA and product labels at the applicants' discretion.
- The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date October 30, 2018

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
Matricaria chamomilla	▸ Blue chamomile ▸ Chamomile ▸ Common chamomile ▸ German chamomile ▸ Hungarian chamomile ▸ Matricaria ▸ Scented chamomile ▸ Scented mayweed ▸ Sweet false chamomile ▸ True chamomile ▸ Wild chamomile	*Matricaria chamomilla*	Flower	Dried

References: Proper name: USDA 2018; Common names: USDA 2018, McGuffin 2000; Source material: Mills and Bone 2005, ESCOP 2003, Blumenthal et al. 2000, WHO 1999, Bradley 1992.

Route of administration

Topical

Dosage form(s)

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

Use(s) or Purpose(s)

Used in Herbal Medicine to help relieve minor inflammation and/or irritation of the skin (Mills and Bone 2005; ESCOP 2003; WHO 1999; Bradley 1992).

Dose(s)

Subpopulation(s)

Children 2-11 years, Adolescents 12-17 years and Adults 18 years and older (Bove 2001; Schilcher 1997)

Quantity(ies)

Methods of preparation: Non-Standardised Extracts (Tincture, Fluid extract, Infusion)

- 3-10% w/v dried flower infusion (3-10 grams of dried flower in 100 milliliters of finished liquid formulation) (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; WHO 1999; Bradley 1992).
- 1% v/v fluid extract (1 milliliters of fluid extract per 100 milliliters of finished liquid formulation) (ESCOP 2003; WHO 1999).
- 5% v/v tincture (5 milliliters of tincture per 100 milliliters of finished liquid formulation) (ESCOP 2003; WHO 1999).

Direction(s) of use

Apply to affected area as needed.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a healthcare practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (ESCOP 2003; Bradley 1992).

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- The medicinal ingredient must comply with the requirements outlined in the NHPID.

References cited

Blumenthal M, Goldberg A, Brinkmann J, editors. 2000. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications.

Bove M. 1996. An Encyclopedia of Natural Healing for Children and Infants. New Canaan (CT): Keats Publishing, Incorporated.

Bradley PR, editor. 1992. British Herbal Compendium, Volume 1. Bournemouth (GB): British Herbal Medicine Association.

ESCOP 2003: European Scientific Cooperative on Phytotherapy Scientific Committee. 2003. ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (GB): European Scientific Cooperative on Phytotherapy and Thieme.

McGuffin M, Kartesz JT, Leung AY, Tucker AO. 2000. Herbs of Commerce. Silver Spring (MD): American Herbal Products Association.

Mills S, Bone K. 2005. The Essential Guide to Herbal Safety. Amsterdam (NL): Elsevier.

Schilcher H. 1997. Phytotherapy in Paediatrics: Handbook for Physicians and Pharmacists. Stuttgart (DE): Medpharm Scientific Publishers.

USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). [online database]. 2018. *Matricaria recutita* (L.). National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 August 8]. Available at: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

WHO 1999: World Health Organization. 1999. WHO Monographs on Selected Medicinal Plants, Volume 1. Geneva (CH): World Health Organization.

References reviewed

Aronson JK, editor. 2009. Meyler's Side Effects of Herbal Medicines. Amsterdam (NL): Elsevier.

Barnes J, Anderson LA, Phillipson JD. 2007. Herbal Medicines, 3rd edition. Grayslake (IL): Pharmaceutical Press.

Crotteau CA, Towner Wright S. 2006. What is the best treatment for infants with colic? The Journal of Family Practice 55(7):634-636.

Grieve M. 1971. A Modern Herbal, Volume 1. New York (NY): Dover Publications; [Reprint of 1931 Harcourt, Brace & Company publication].

Heck AM, DeWitt BA, Lukes AL. 2000. Potential interactions between alternative therapies and warfarin. American Journal of Health-System Pharmacy 57(13):1221-1227.

Hurrel RF, Reddy M, Cook JD. 1999. Inhibition of non-haem iron absorption in man by polyphenolic-containing beverages. British Journal of Nutrition 81(4):289-295.

IAPT 2007: International Association of Plant Taxonomy. International Code of Botanical Nomenclature (Vienna Code) adopted by the Seventeenth International Botanical Congress Vienna, Austria, July 2005. Regnum Vegetabile 146 [online]. Ruggell (Liechtenstein): A.R.G. Gantner Verlag. Last updated 10.03.2007. [Accessed 2009 July 23]. Available from: http://ibot.sav.sk/icbn/frameset/0109AppendixIIIBNSC.htm#E.%20SPERMATOPHYTA

Jensen-Jarolim E, Reider N, Fritsch R, Breiteneder H. 1998. Fatal outcome of anaphylaxis to camomile-containing enema during labor: A case study. Journal of Allergy and Clinical Immunology 102(6 Pt 1):1041-1042.

Madisch A, Holtmann G, Mayr G, Vinson B, Hotz J. 2004. Treatment of functional dyspepsia with herbal preparation. Digestion 69(1):45-52.

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. 1997. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press.

NHM 2006: The Natural History Museum, Linnaean Plant Typification Database [online]. 2006. *Matricaria chamomilla* L. London (UK): The Natural History Museum. [Accessed 2009 June 24]. Available from: http://www.nhm.ac.uk/our-science/data/linnaean-typification/search/

Pereira F, Santos R, Pereira A. 1997. Contact dermatitis from chamomile tea. Contact Dermatitis 36(6):307.

Ross SM. 2003. An Integrative Approach to Eczema (Atopic Dermatitis). Holistic Nursing Practice 17(1):56-62.

Segal R, Pilote L. 2006. Warfarin interaction with *Matricaria chamomilla*. Canadian Medical Association Journal 174(9):1281-1282.

USDA 2009: United States Department of Agriculture, Natural Resources Conservation Service, The PLANTS Database [online]. 2009. *Matricaria recutita* L. Baton Rouge (LA): National Plant Data Center. [Accessed 2009 June 15] Available from: http://plants.usda.gov