

## NATURAL HEALTH PRODUCT

### ROSEMARY – *ROSMARINUS OFFICINALIS*

#### Oral

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 label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

#### Date

December 18, 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)
<i>Rosmarinus officinalis</i>	Rosemary	<i>Rosmarinus officinalis</i>	Leaf	Dried

References: Proper name: USDA 2018; Common name: McGuffin et al. 2000; Source material: Blumenthal et al. 2000.

#### Route of administration

Oral (ESCOP 2003)

#### Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.

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)

- ▶ (Traditionally) used in Herbal Medicine to help relieve flatulent indigestion (carminative) (Barnes et al. 2007; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).
- ▶ (Traditionally) used in Herbal Medicine to help ease (gastric) headaches (Barnes et al. 2007; Bradley 2006; Mills and Bone 2005; Hoffmann 2003; Blumenthal et al. 2000; Tilgner 1999; Grieve 1971).

The following combined use(s) or purpose(s) is/are also acceptable:

(Traditionally) used in Herbal Medicine to help ease (gastric) headaches and relieve flatulent indigestion (carminative) (Barnes et al. 2007; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Tilgner 1999; Grieve 1971).

### Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

## Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

Methods of preparation: Dry, Powder, Non-Standardised Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

0.6 - 12 grams of dried leaf, per day (Barnes et al. 2007; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; BHP 1983).

Methods of preparation: Non-Standardised Aqueous Extracts (Dry extract, Decoction, Infusion)

2 - 12 grams of dried leaf, per day (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; BHP 1983).

### Direction(s) for use

No statement required.

### **Duration(s) of use**

No statement required.

### **Risk information**

#### **Caution(s) and warning(s)**

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

#### **Contraindication(s)**

Do not use this product if you are pregnant or breastfeeding (Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; McGuffin et al. 1997)

#### **Known adverse reaction(s)**

No statement required.

### **Non-medicinal ingredients**

Must be chosen from the current Natural Health Product Ingredient 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**

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