

## NATURAL HEALTH PRODUCT

### ROSEMARY – *ROSMARINUS OFFICINALIS*

#### 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 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 information

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

Proper name(s)	Common name(s)	Source information		
		Source material(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 information: Blumenthal et al. 2000.

#### Route of administration

Topical (ESCOP 2003)

#### 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)

- ▶ (Traditionally) used in Herbal Medicine as supportive therapy to help relieve muscle and joint pain associated with rheumatism (Barnes et al. 2007; Bradley 2006; Wichtl 2004; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).
- ▶ (Traditionally) used in Herbal Medicine to help support peripheral circulation (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).
- ▶ (Traditionally) used in Herbal Medicine as a mild antiseptic (ESCOP 2003; Williamson et al. 1988).

### 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, Decoction

50 grams of dried leaf, per day (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).

Note: Dried leaves should be prepared as a decoction (see direction for use).

#### Direction(s) for use

##### *Dried leaf*

Place dried leaves in 1 liter of cold water. Bring to a boil and simmer for 5-10 minutes. Let stand covered for 15 to 30 minutes and strain (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).

##### *All products*

Add to one full bath (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).

### 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.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant, breastfeeding, have large open wounds or skin lesions, feverish conditions, acute inflammation, severe circulatory disorders or hypertension (Brinker 2010; Barnes et al. 2007; ESCOP 2003; Blumenthal et al. 2000; McGuffin et al. 1997).

### Contraindication(s)

No statement required.

### Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Barnes et al. 2007; ESCOP 2003).

## 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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ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2<sup>nd</sup> edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

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