

## NATURAL HEALTH PRODUCT

### POMEGRANATE – *PUNICA GRANATUM*

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>Punica granatum</i>	Pomegranate	<i>Punica granatum</i>	▶ Fruit ▶ Seed aril	▶ Fresh ▶ Dried

References: Proper name: USDA 2018; Common name: USDA 2018; Source materials: Duke 2001.

#### Route of administration

Oral

#### 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)**

Source of/Provides antioxidants (Herber et al. 2007; Rosenblat et al. 2006; Aviram et al. 2004; Aviram et al. 2000).

### **Dose(s)**

#### **Subpopulation(s)**

Adults 18 years and older

#### **Quantity(ies)**

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

- ▶ Not to exceed 20 grams of dried fruit/seed aril, per day (CNF 2018).
- ▶ Not to exceed 100 grams of fresh fruit/seed aril, per day (CNF 2018).

#### **Direction(s) for use**

No statement required.

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

No statement required.

#### **Risk information**

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

No statement required.

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

No statement required.

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

No statement required.

## 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.

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