NATURAL HEALTH PRODUCT

THYME – *THYMUS VULGARIS*

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:** July 18, 2017

**Proper name(s):**

*Thymus vulgaris* L. (Lamiaceae) (USDA 2001)

**Common name(s):**

- Thyme (McGuffin et al. 2000; Wiersma and León 1999)
- Common thyme (McGuffin et al. 2000; Wiersma and León 1999)
- Garden thyme (McGuffin et al. 2000; Wiersma and León 1999)

**Source material(s):**

Leaf and/or flowering top (Hoffmann 2003; Blumenthal et al. 2000; WHO 1999)

**Route(s) of administration:**

Oral (Mills and Bone 2005; Blumenthal et al. 2000)

**Dosage form(s):**

This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

Dosage forms by age group:
- **Children 1-2 years:** The acceptable dosage forms are limited to emulsion/suspension and solution/drops (Giacoa et al. 2008; EMEA/CHMP 2006).
- **Children 3-5 years:** The acceptable dosage forms are limited to chewables, emulsion/suspension, powders and solution/drops (Giacoa et al. 2008; EMEA/CHMP 2006).
- **Children 6-12 years, Adolescents 13-17 years, and Adults ≥ 18 years:** The acceptable dosage forms include, but are not limited to capsules, chewables (e.g., gummies, tablets), liquids, powders, strips or tablets.

**Use(s) or Purpose(s):**

- Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and catarrhs of the upper respiratory tract (anti-catarrh) (EMEA 2007; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003).
- Traditionally used in Herbal Medicine to help relieve coughs (spasmolytic) (EMEA 2007; Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000).
- Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia and colic (carminative) (Bradley 2006; Mills and Bone 2005; Hoffmann 2003).

**Dose(s):**

**Subpopulation:**

Adults, adolescents, and children ≥ 1 year (EMEA 2007; ESCOP 2003)

**Quantity:**

Preparations equivalent to 1-8.4 g dried leaf and flowering top, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

**Duration of use:**

No statement required.

**Risk information:**
Caution(s) and warning(s):

- Consult a healthcare practitioner if symptoms persist or worsen.
- Consult a health care practitioner prior to use if you are pregnant.

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.

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.
- The medicinal ingredient may comply with the specifications outlined in the Thyme Monographs published in the European or British Pharmacopoeias.

References cited:


References reviewed:


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Adults, adolescents, and children ≥ 1 year:

Infusion: 1-2 g dried leaf and flowering top, several times per day (ESCOP 2003)

Fluidextract: 1-2 g dried equivalent, several times per day (ESCOP 2003)

Adolescents, and children 4-12 years:

Tincture: 1-2 g dried equivalent per day, divided into 3-5 single doses (1:2-2.5, 90% ethanol, 2.5-4 ml) (EMEA 2007)

Adults:

Dried leaf and flowering top:
1-2 g, 3 times per day (Bradley 2006)

Infusion:
1-2 g dried leaf and flowering top, 3 times per day (Bradley 2006)
2.8 g dried leaf and flowering top, 3 times per day (Hoffmann 2003)
1-2 g of dried leaf, as needed (Blumenthal et al. 2000)

Directions for use: Pour 250 ml (1 cup) of boiling water on dried leaf and flowering top and steep for 10 minutes (Hoffmann 2003; Blumenthal et al. 2000).
1.4 g = 1 tsp (Hoffmann 2003)

Fluidextract:
1-2 g dried equivalent, several times per day
(1:1, 1-2 ml) (ESCOP 2003)
1-2 g dried equivalent, 1-3 times per day
(1:1, 1-2 ml) (Blumenthal et al. 2000)

Tincture:
1-2 g dried equivalent, 3 times per day (Bradley 2006)
1.2-3.6 g dried equivalent, per day
(1:5, 6-18 ml) (Mills and Bone 2005)
1-3 g dried equivalent, per day
(1:2, 2-6 ml) (Mills and Bone 2005)
0.4-1.2 g dried equivalent, 3 times per day
(1:5, 45% alcohol, 2-4 ml) (Hoffmann 2003)