



NATURAL HEALTH PRODUCT

THUJA - *THUJA OCCIDENTALIS*

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

August 28, 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>Thuja occidentalis</i>	<ul style="list-style-type: none"> ▶ American arborvitae ▶ Arborvitae ▶ Cedar ▶ Eastern arborvitae ▶ Eastern white cedar ▶ Hackmatack ▶ Northern white-cedar ▶ Swamp cedar ▶ Thuja ▶ Tree of life ▶ White-cedar 	<i>Thuja occidentalis</i>	Herb top	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000; Source material: BHP 1983, Felter and Lloyd 1983.

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)

Traditionally used in Herbal Medicine as an expectorant to help relieve bronchial mucus buildup (catarrh) (Hoffmann 2003; Williamson 2003; BHP 1983; Felter and Lloyd 1983).

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 Extracts (Dry Extract, Tincture, Fluid extract, Decoction, Infusion)

1 - 2 grams dried herb tops, 3 times per day (Williamson 2003; BHP 1983).

Direction(s) for use

No statement required.

Duration(s) of use

For occasional use only (Brinker 2010; McGuffin 1997).

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 breastfeeding or taking other herbs containing thujone (e.g. wormwood, sage, tansy, and juniper) (Brinker 2010; Reitjens et al. 2005; Hoffmann 2003).

Contraindication(s)

Do not use this product if you are pregnant (Brinker 2010; Hoffmann 2003; BHP 1983).

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products 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

BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983.

Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010.

Felter HW, Lloyd JU. King's American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

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

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000.

Rietjens IM, Martena MJ, Boersma MG, Spiegelenberg W, Alink GM. Molecular mechanisms of toxicity of important food-borne phytotoxins. *Molecular Nutrition & Food Research* 2005;49(2):131-158.

USDA 2018: ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Thuja occidentalis* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 June 19]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Williamson EM. Potter's Herbal Cyclopaedia: The Authoritative Reference work on Plants with a Known Medical Use. Saffron Walden (UK): The C.W. Daniel Company Limited; 2003.

References reviewed

Burkhard PR, Burkhardt K, Haenggeli CA, Landis T. Plant-induced seizures: reappearance of an old problem. *Journal of Neurology* 1999; 246(8):667-670.

EEC 1988: European Economic Committee. Council Directive 88/388/EEC on the approximation of the laws of the Member States relating to flavourings for use in foodstuffs and to source materials for their production. Brussels (B): European Economic Committee Council Directive 88/388/EEC of 22 June 1988. [Accessed 2008 April 25]. Available from: ec.europa.eu/food/fs/sfp/addit_flavor/flav09_en.pdf

EC-SCF 2003: European Commission Scientific Committee on Food. Opinion of the Scientific Committee on Thujone. Brussels (B): European Commission Health and Consumer Protection Directorate-General. Scientific Committee on Food. Scientific Committee on Thujone; February 6, 2003, pp. 1–11. [Accessed 2008 April 25]. Available from: www.ec.europa.eu/food/fs/sc/scf/out162_en.pdf

Stafstrom CE. Seizures in a 7-month-old child after exposure to the essential plant oil thuja. *Pediatric Neurology* 2007;37(6):446-448.