



## NATURAL HEALTH PRODUCT

### ACAI – *EUTERPE OLERACEA*

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 29, 2023

#### 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>Euterpe oleracea</i>	<ul style="list-style-type: none"> <li>• Acai</li> <li>• Açai</li> <li>• Assai palm</li> <li>• Cabbage palm</li> </ul>	<i>Euterpe oleracea</i>	<ul style="list-style-type: none"> <li>• Fruit flesh</li> <li>• Fruit juice</li> </ul>	Dry

References: Proper name: USDA 2023, McGuffin et al. 2000; Common names: USDA 2023, derMarderosian and Beutler 2008, McGuffin et al. 2000, Mors et al. 2000; Source information: Schreckinger et al. 2010, Schauss et al. 2006, Lichtenthäler et al. 2005.

#### 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 oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.



### Use(s) or Purpose(s)

- Source of antioxidants/Provides antioxidants (Mertens-Talcott et al. 2008; Schauss et al. 2006, Lichtenthaler et al. 2005).
- Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Mertens-Talcott et al. 2008; Schauss et al. 2006, Lichtenthaler et al. 2005).

### Dose(s)

#### Subpopulation(s)

Adults 18 years and older

#### Quantity(ies)

Methods of preparation: Dry, Powder, Non-Standardized Extracts (Dry extract\*, Tincture, Fluid Extract, Decoction, Infusion)

Not to exceed 14 grams of dried fruit flesh or dried fruit juice, per day (Tonon et al. 2010; Facciola et al. 1998).

\***Note:** Solvents allowed for the method of preparation “Non-standardized extracts (Dry extract)” as part of this monograph are ethanol and/or water only.

#### Direction(s) for use

No statement required.

### Duration(s) of use

No statement required.

### Risk information

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

**Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (derMarderosian and Beutler 2008).**



**Contraindication(s)**

No statement required.

**Known adverse reaction(s)**

**Stop use if hypersensitivity/allergy occurs** (derMarderosian and Beutler 2008).

**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**

Must be established in accordance with the requirements described in the *Natural Health Products Regulations*.

**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.

**EXAMPLE OF PRODUCT FACTS:**

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

<b>Product Facts</b>	
<b>Medicinal ingredient in each capsule</b>	
<i>Euterpe oleracea</i> (Acai) – fruit flesh	XX mg
<b>Uses</b>	
<ul style="list-style-type: none"> <li>• Source of antioxidants/Provides antioxidants</li> <li>• Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals</li> </ul>	
<b>Warnings</b>	
<b>If applicable:</b> <b>Allergens: food allergen, gluten (gluten source), sulphites</b> <b>Contains aspartame</b>	



<b>Ask a health care practitioner before use if you are pregnant or breastfeeding.</b>
<b>Stop use if hypersensitivity/allergy occurs.</b>
<b>Directions</b> Adults 18 years and older: Take X capsule(s), X times a day.
<b>Other information</b> (Add storage information)
<b>Non-medicinal ingredients</b> List all NMIs
<b>Questions? Call 1-XXX-XXX-XXXX</b>

### References cited

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

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