



NATURAL HEALTH PRODUCT

BLACK WALNUT - *JUGLANS NIGRA*

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 the statements are synonymous. Either term or statement may be selected by the applicant.

Date

January 20, 2015

Proper name(s)

Juglans nigra L. (Juglandaceae) (USDA 2010)

Common name(s)

Black Walnut (USDA 2010)

Source material(s)

Unripe hull (Mills and Bone 2005; Tilgner 1999)

Route(s) of administration

Oral

Dosage form(s)

- ▶ The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- ▶ This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s) Statement(s) to the effect of

(Traditionally) used in Herbal Medicine to help expel intestinal worms (vermifuge/anthelmintic) and eliminate ringworm (*Tinea corporis*) (Mills and Bone 2005; Willard 1991; Grieve 1971).

Note

A claim for traditional use must include the term “Herbal Medicine”.

Dose(s) Statement(s) to the effect of**Subpopulation(s)**

Adults (≥ 18 years)

Quantity(ies)

Dry; Powder; Tincture; Fluid extract

0.65 - 2.75 g unripe hulls, per day (Mills and Bone 2005; Willard 1991).

Duration of use Statement(s) to the effect of

- ▶ For occasional use only.
- ▶ For use beyond 14 days, consult a health care practitioner (Mills and Bone 2005; Tilgner 1999).

Risk information Statement(s) to the effect of**Caution(s) and warning(s)**

- ▶ If symptoms persist or worsen, consult a health care practitioner.
- ▶ If you are pregnant or breastfeeding, consult a health care practitioner prior to use (Gardner and McGuffin 2010; Mills and Bone 2005).

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.

References cited

Gardner ZE, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook, 2nd edition. Boca Raton (FL): CRC Press, Taylor & Francis Group; 2010.

Grieve M. A Modern Herbal. Volume 2. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): ELSEVIER Churchill Livingstone; 2005.

Tilgner S. Herbal Medicine from the Heart of the Earth. Cresswell (OR): Wise Acres Press; 1999.

USDA 2010: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). National Germplasm Resources Laboratory, Beltsville (MD). [Last updated 2010 July 15; Accessed 2014 February 12]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl

Willard T. The Wild Rose Scientific Herbal. Calgary (AB): Wild Rose College of Natural Healing Limited; 1991.

References reviewed



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

Felter HW, Lloyd JU. King's American Dispensatory. Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

Peirce A. The American Pharmaceutical Association Practical Guide to Natural Medicines. New York (NY): Stonesong Press, William Morrow and Company, Inc; 1999.