BOLDO

Date: January 15, 2008

Proper name(s): *Peumus boldus* Molina (Monimiaceae) (USDA 2007)

Common name(s): Boldo (McGuffin et al. 2000; Wiersema and León 1999)

Source material(s): Leaf (Blumenthal et al. 2000)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) of administration. This monograph is not intended to include 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 treat digestive disturbances (dyspepsia) (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Felter and Lloyd 1983 [1898]; Wren 1907).
- Traditionally used in Herbal Medicine to stimulate digestion (Bradley 2006; Felter and Lloyd 1983 [1898]).

Dose(s): Preparations equivalent to 150-5,000 mg dried leaf, 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: Consult a health care practitioner for use beyond 4 weeks (ESCOP 2003).

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s): Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner prior to use if you have impaired kidney or liver function (Barnes et al. 2007; Bradley 2006; Brinker 2001).

Contraindication(s): Do not use if you are pregnant or breastfeeding (Brinker 2007; Bradley 2006; Mills and Bone 2005).

Known adverse reaction(s): No statement required.

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

References cited:


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


Wren RC. Potter’s Cyclopedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907.

References reviewed:


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

Dried leaf:
- 60-200 mg, 3 times per day (Bradley 2006)
- 200-3,000 mg, per day (Mills and Bone 2005)
- 200-600 mg, per day (ESCOP 2003)
- 3,000 mg, per day (Blumenthal et al. 2000)

Infusion:
- 60-200 mg dried leaf, 3 times per day (Bradley 2006)
- 200-3,000 mg dried leaf, per day (Mills and Bone 2005)
- 2,000-5,000 mg dried leaf, per day (ESCOP 2003)
- 3,000 mg dried leaf, per day (Blumenthal et al. 2000)

**Directions for use:** Pour 150 ml of boiling water on dried leaf and steep for 10 minutes (Blumenthal et al. 2000).

Fluidextract:
- 100-300 mg dried equivalent, 3 times per day
  (1:1, 45% alcohol, 0.1-0.3 ml) (Bradley 2006)
- 300-900 mg dried equivalent, per day
  (1:1, 0.3-0.9 ml) (Mills and Bone 2005)
- 500-1,000 mg dried equivalent, per day
  (1:1, 80% ethanol, 0.5-1.0 ml) (ESCOP 2003)
- 3,000 mg dried equivalent, per day
  (1:1, 3 ml) (Blumenthal et al. 2000)

Tincture:
- 50-200 mg dried equivalent, 3 times per day
  (1:10, 60% alcohol, 0.5-2 ml) (Bradley 2006)
- 350-1,000 mg dried equivalent, per day
  (1:2, 0.7-2 ml) (Mills and Bone 2005)
- 300-1,200 mg dried equivalent, per day
  (1:5, 1.5-6 ml) (Mills and Bone 2005)
- 180-600 mg dried equivalent, per day
  (1:10, 1.8-6 ml) (Mills and Bone 2005)
- 200-600 mg dried equivalent, per day
  (1:5, 80% ethanol, 1-3 ml) (ESCOP 2003)
- 200-400 mg dried equivalent, 3 times per day
  (1:5, 60% alcohol, 1-2 ml) (Hoffmann 2003)
- 3,000 mg dried equivalent, per day
  (1:5, 15 ml) (Blumenthal et al. 2000)