

NATURAL HEALTH PRODUCT

CITRUS BIOFLAVONOIDS

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 August 14, 2013

Proper name(s)

Citrus Bioflavonoids (Burdock 2005)

Common name(s)

Citrus Bioflavonoids (Burdock 2005)

Source material(s)

- ▶ *Citrus sinensis* (L.) Osbeck – Peel, rind and/or fruit (Nogata et al. 2006; USDA 2006; Burdock 2005)
- ▶ *Citrus limon* (L.) Burm.f. – Peel, rind and/or fruit (USDA 2011; Nogata et al. 2006; Burdock 2005)
- ▶ *Citrus reticulata* Blanco – Peel, rind and/or fruit (Nogata et al. 2006; Burdock 2005; USDA 1994)
- ▶ *Citrus aurantiifolia* (Christm.) Swingle – Peel, rind and/or fruit (USDA 2013a; Nogata et al. 2006; Burdock 2005)

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

Provides antioxidants (Jung et al. 2003; Manthey et al. 2001).

Dose(s)

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Up to 600 mg citrus bioflavonoids, per day (USDA 2013b; Chun et al. 2007; Burbock et al. 2005; Blostein-Fujii et al. 1999).

Note

Must not exceed 600 mg citrus bioflavonoids, per day, when combined with other bioflavonoids such as but not limited to, quercetin, hesperidin, rutin, etc.

Duration of use

No statement required.

Risk information Statement(s) to the effect of

Caution(s) and warning(s)

Products providing ≥ 50 mg per day:

If you are taking prescription medication, consult a healthcare practitioner prior to use as citrus bioflavonoids may alter the effectiveness of these medications (Brinker 2010).

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current NHPD *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 NHPD *Quality of Natural Health Products Guide*.
- ▶ The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

References cited

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