



**NATURAL HEALTH PRODUCT**

**BLESSED THISTLE - *CNICUS BENEDICTUS***

**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**

October 30, 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>Cnicus benedictus</i>	<ul style="list-style-type: none"> <li>▶ Blessed thistle</li> <li>▶ Holy thistle</li> </ul>	<i>Cnicus benedictus</i>	Herb tops	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000, Bradley 1992, Felter and Lloyd 1983; Source material: Williamson 2003, Bradley 1992.

**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 a digestive tonic and bitter to increase appetite and aid digestion (stomachic) (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983; Wren 1907).
- ▶ Traditionally used in Herbal Medicine to help relieve indigestion (dyspepsia) (Bradley 1992; Felter and Lloyd 1983; Wren 1907).
- ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve cold symptoms such as excessive mucus build up (excessive catarrh) (Williamson 2003; Felter and Lloyd 1983).

The following combined use(s) or purpose(s) is/are also acceptable:

- ▶ Traditionally used in Herbal Medicine as a digestive tonic and bitter to increase appetite, aid digestion (stomachic) and help relieve indigestion (dyspepsia) (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983; Wren 1907).

### 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)

0.6-6 grams of dried herb tops, per day (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983)

#### Direction(s) for use

No statement required.

### Duration(s) of use

No statement required.



## 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.

### Contraindication(s)

Do not use this product if you are pregnant (McGuffin 1997; Bradley 1992; Felter and Lloyd 1983).

### Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Brinker 2010; Blumenthal et al. 2000).

## 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

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