

ELEUTHERO

- Date:** March 31, 2008
- Proper name(s):** *Eleutherococcus senticosus* (Rupr. & Maxim) Maxim. (Araliaceae) (USDA 2007)
- Common name(s):** Eleuthero, Siberian ginseng (McGuffin et al. 2000)
- Source material(s):** Root (Barnes et al. 2007; Hoffmann 2003)
- 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:
- ▶ Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid during convalescence (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
 - ▶ Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion (Bradley 2006; ESCOP 2003; Hoffmann 2003; Mills and Bone 2000).
- Dose(s):** Preparations equivalent to 0.91-6.0 g dried root, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Mills and Bone 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 1 month (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 if you are pregnant or breastfeeding (Barnes et al. 2007; ESCOP 2003).
- ▶ Consult a health care practitioner prior to use if you have any type of acute infection (Brinker 2001; Mills and Bone 2000).

Contraindication(s): Do not use if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).

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:

- ▶ The finished product must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.
- ▶ The medicinal ingredient may comply with the specifications outlined in the Eleuthero Monograph published in the U.S. Pharmacopoeia or the Eleutherococcus Monograph published in the British or European Pharmacopoeias.

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

Dried root:

- ▶ 2-3 g, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)
- ▶ 1-4 g, per day (Mills and Bone 2000)

Infusion:

2-3 g dried root, per day (Blumenthal et al. 2000)

Directions for use: Pour 150 ml of boiling water over dried root and infuse (Blumenthal et al. 2000).

Fluidextract:

- ▶ 1-2 g dried equivalent, 1-3 times per day (1:1, 40% ethanol, 1-2 ml) (ESCOP 2003)
- ▶ 2-3 g dried equivalent, per day (1:1, 2-3 ml) (Blumenthal et al. 2000)

Tincture:

- ▶ 2-3 g dried equivalent, per day (1:5, 10-15 ml) (Blumenthal et al. 2000)
- ▶ 1-4 g dried equivalent, per day (1:2, 2-8 ml) (Mills and Bone 2000)

Solid extract:

- ▶ 0.91-4.88 g dried equivalent, per day (14-25:1, 40% ethanol, 0.065-0.195 g) (ESCOP 2003)
- ▶ 2-4 g dried equivalent, per day (20:1, 0.1-0.2 g) (Hoffmann 2003)