

NATURAL HEALTH PRODUCT

GARLIC - ALLIUM SATIVUM

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 March 31, 2023

Proper name(s), Common name(s), Source information

Garlic dried bulb

Table 1. Proper name(s), Common name(s), Source information

Dronor nomo(s)	Common name(s)	Source information		
Froper name(s)		Source material(s)	Part(s)	Preparation(s)
Allium sativum	Garlic	Allium sativum	Bulb	Dry

References: Proper name: USDA 2018; Common name: McGuffin et al. 2000; Source information: ESCOP 2003, Bradley 1992.

Garlic essential oil

Table 2. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	
Allium sativum	Garlic essential oil	Allium sativum	Bulb	

References: Proper name: USDA 2018; Source information: ESCOP 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 by age group:

Children 2 years: The acceptable dosage forms are limited to emulsion/suspension and solution/liquid preparations (Giacoia et al. 2008; EMEA/CHMP 2006).

Children 3-5 years: The acceptable dosage forms are limited to chewables, emulsion/suspension, powders and solution/liquid preparations (Giacoia et al. 2008; EMEA/CHMP 2006).

Children 6-11 years, Adolescents 12-17 years, and Adults 18 years and older: The acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

Use(s) or Purpose(s)

- ▶ Traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions (such as nasal congestion/buildup of excess mucuous) (Mills and Bone 2005; ESCOP 2003; Bradley 1992; Felter and Lloyd 1983).
- ▶ Used in Herbal Medicine to help reduce elevated blood lipid levels (hyperlipidemia) in adults (Kojuri et al. 2007; Macan et al. 2006; Mills and Bone 2005; ESCOP 2003; Kannar et al. 2001; Blumenthal et al. 2000; Bradley 1992).
- ▶ Used in Herbal Medicine to help maintain cardiovascular health in adults (Kojuri et al. 2007; Macan et al. 2006; Mills and Bone 2005; ESCOP 2003; Kannar et al. 2001; Blumenthal et al. 2000; Bradley 1992).

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

▶ Used in Herbal Medicine to help reduce elevated blood lipid levels (hyperlipidemia) and maintain cardiovascular health in adults (Kojuri et al. 2007; Macan et al. 2006; Mills and Bone 2005; ESCOP 2003; Kannar et al. 2001; Blumenthal et al. 2000; Bradley 1992).

Note

Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda".



Dose(s)

Subpopulation(s)

As specified below.

Quantity(ies)

Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Table 3. Dose information for garlic bulb presented as dose per day

Subpopulation(s) ^{1,2}		Garlic bulb (g/day)		
		Minimum	Maximum	
Children	2-4 years	0.08	2	
	5-9 years	0.1	3	
	10-11 years	0.2	6	
Adolescents	12-14 years	0.2	6	
	15-17 years	0.5	12	
Adults	18 years and older	0.5	12	

¹ Children and a dolescent doses were calculated as a proportion of the adult dose (JC 2008). The use of garlic in children is supported by the following references: McIntyre 2005; Bove 2001; Schilcher 1997.

Methods of preparation: Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Table 4. Dose information for allicin and alliin presented as dose per day. Extracts should be standardized to allicin and/or alliin.

Subpopulation(s) ^{1,2}		Minimum (mg/day)		Maximum (mg/day)	
		Allicin	Alliin	Allicin	Alliin
Children	2-4 years	0.17	0.3	2	4.5
	5-9 years	0.25	0.5	3	7
	10-11 years	0.5	1	6	14
Adolescents	12-14 years	0.5	1	6	14
	15-17 years	1	2	12	27
Adults	18 years and older	1	2	12	27

¹ Children and a dolescent doses were calculated as a proportion of the adult dose (JC 2008). The use of garlic in children is supported by the following references: McIntyre 2005; Bove 2001; Schilcher 1997.

² Adult dose supported by the following references: Kojuri et al. 2007; Mills and Bone 2005; ESCOP 2003; Kannar et al. 2001; Blumenthal et al. 2000; Bradley 1992.

Method of preparation: Oil, Essential (water steam distillation)

Table 5. Dose information for garlic essential oil presented as dose per day

C11	(-)	Garlic essential oil (mg/day)		
Subpopulati	on(s)	Minimum	Maximum	
Adults ¹	18 years and older	2	5	

Adult dose supported by the following reference: Bradley 1992.

Direction(s) for use

No statement required.

Combination rule

No permitted combinations between ingredients from Table 1 and 2. This monograph only supports single ingredient products for compendial applications.

Duration(s) of use

No statement required.

Risk information

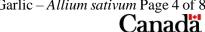
Caution(s) and warning(s)

Relief of upper respiratory tract infections and catarrhal (nasal congestion) conditions

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

All uses

► Consult a health care practitioner/health care provider/health care professional/doctor/ physician prior to use if you are taking blood thinners or protease inhibitors (Brinker 2018; Mills and Bone 2005).



² Adult dose for allicin supported by the following references: Kojuri et al. 2007; Mills and Bone 2005; ESCOP 2003; Kannar et al. 2001; Bradley 1992. Adult dose for alliin calculated based on the conversion ratio of 0.45 mg allicin: 1 mg alliin (ESCOP 2003).



- ► Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant (Brinker 2018; Mills and Bone 2005).
- ► Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have diabetes (Brinker 2018; Mills and Bone 2005).

Contraindication(s)

No statement required.

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Brinker 2018; Mills and Bone 2005).

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

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

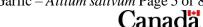
Specifications

- ▶ 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.

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