JUNIPER

Date: April 21, 2008

Proper name(s): *Juniperus communis* L. (Cupressaceae) (USDA 2003)

Common name(s): Juniper, common juniper (McGuffin et al. 2000)

Source material(s): Fruit (Bradley 2006)

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 as a diuretic (ESCOP 2003; Felter and Lloyd 1983 [1898]).
- Traditionally used in Herbal Medicine as a urinary tract antiseptic to help relieve benign urinary tract infections (Bradley 2006; Hoffmann 2003; Felter and Lloyd 1983 [1898]).
- Traditionally used in Herbal Medicine to help relieve digestive disturbances such as flatulent dyspepsia (carminative) (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Felter and Lloyd 1983 [1898]).
- Traditionally used in Herbal Medicine to aid digestion and stimulate appetite (stomachic) (Bradley 2006; Hoffmann 2003; Grieve 1971 [1931]).

Dose(s): Preparations equivalent to 0.3-12 g dried fruit, per day (Bradley 2006; 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 sources.
references. The purpose of Appendix 1 is to provide guidance to industry.

**Duration of use:** Statement(s) to the effect of:

**Diuretic:** For occasional use only (Berardi et al. 2002; CPA 2002).

**Other uses:** Consult a health care practitioner for use beyond 4 weeks (ESCOP 2003; Brinker 2001).

**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 are breastfeeding (Mills et al. 2006).

**Contraindication(s):**
- Do not use if you are pregnant (Bradley 2006; ESCOP 2003; Hoffmann 2003; Brinker 2001).
- Do not use if you have a kidney disorder (Bradley 2006; ESCOP 2003; Hoffmann 2003; Brinker 2001).

**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 Juniper Monographs published in the European or British Pharmacopoeias.

**References cited:**

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care,


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


References reviewed:


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

Dried fruit:
- 2-3 g, 3-4 times per day (Bradley 2006)
- 2-10 g, per day (Blumenthal et al. 2000)

Infusion:
- 2-3 g dried berry, 3-4 times per day (Bradley 2006; ESCOP 2003)
- 2.5 g dried berry, 3 times per day (Hoffmann 2003)
- 2-10 g dried berry, per day (Blumenthal et al. 2000)

Directions for use:
- Pour 150-250 ml (1 cup) of boiling water over dried berry. Infuse for 20 minutes in a covered container (Hoffmann 2003; Blumenthal et al. 2000). 1 tsp = 2.5 g (Wichtl 2004)

Fluidextract:
- 2-3 g dried equivalent, 3-4 times per day
  (1:1, 25% alcohol, 2-3 ml) (Bradley 2006)
- 2-3 g dried equivalent, 3 times per day
  (1:1, 2-3 ml) (Blumenthal et al. 2000)

Tincture:
- 0.2-0.4 g dried equivalent, 3 times per day
  (1:5, 45% alcohol, 1-2 ml) (ESCOP 2003)
- 0.1-0.2 g dried equivalent, 3 times per day
  (1:5, 40% alcohol, 0.5-1 ml) (Hoffmann 2003)