NATURAL HEALTH PRODUCT

MARSHMALLOW – *ALTHAEA OFFICINALIS* – LEAF

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**

May 21, 2013

**Proper name(s)**

*Althaea officinalis* L. (Malvaceae) (USDA 2013; McGuffin et al. 2000)

**Common name(s)**

- Marshmallow (USDA 2013; McGuffin et al. 2000)
- White-mallow (USDA 2013; Wiersema and León 1999)

**Source material(s)**

Leaf (Blumenthal et al. 2000, 1998; BHP 1983; Grieve 1971)

**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

- Traditionally used in Herbal Medicine (as a demulcent) to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough (BHC 2006; Mills and Bone 2005; Wichtl 2004; Hoffman 2003; Blumenthal et al. 2000; 1998; BHP 1983; Grieve 1971).
- Traditionally used in Herbal Medicine (as a demulcent) to relieve mild inflammation of the gastro-intestinal mucosa, e.g. gastritis, peptic and duodenal ulceration, enteritis (BHC 2006; Mills and Bone 2005; Wichtl 2004; Bone 2003; Hoffman 2003; Blumenthal et al. 2000; 1998; BHP 1983; Grieve 1971).

Dose(s)

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Cold infusion/Macerate

2-15 g dried leaf, per day (Mills and Bone 2005)

Fluidextract

2-15 ml, per day (1:1, in 25% ethanol) (BHC 2006; Blumenthal et al. 2000)

Powder

5 g cut or ground leaf, per day (Blumenthal et al. 2000, 1998; BHC 2006; BHP 1983)

Directions for use

All products

- Take in 3 divided doses, per day (BHC 2006; Blumenthal et al. 2000; BHP 1983).
- Take a few hours before or after taking other medications or natural health products (Mills and Bone 2005; Blumenthal et al. 2000).

Cold infusion/macerate

Add powder/dried herb to 150 ml cold water and let steep for 30 minutes. Stir frequently. Strain and warm (if desired) before drinking (Blumenthal 2000; BHC 1996).
Duration of use

No statement required.

Risk information

Statement(s) to the effect of

Caution(s) and warning(s)

- If symptoms persist or worsen, consult a health care practitioner.
- If you are pregnant or breastfeeding, consult a health care practitioner prior to use.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Storage conditions

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.

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). In addition, the medicinal ingredient may comply with the specifications outlined in the pharmacopoeial monographs listed in Table 1 below.

**Table 1** Marshmallow monographs published in the British (BP) and European (Ph.Eur.) pharmacopoeias

<table>
<thead>
<tr>
<th>Pharmacopoeia</th>
<th>Monograph</th>
</tr>
</thead>
<tbody>
<tr>
<td>BP</td>
<td>Marshmallow Leaf</td>
</tr>
<tr>
<td>Ph.Eur.</td>
<td></td>
</tr>
</tbody>
</table>
References cited


References reviewed


Brinker 2010: Brinker F. Final updates and additions for Herb Contraindications and Drug Interactions, 3rd edition, including extensive Appendices addressing common problematic conditions, medications and nutritional supplements, and influences on Phase I, II & III metabolism with new appendix on botanicals as complementary adjuncts with drugs. [Internet]. Sandy (OR): Eclectic Medical Publications. [Updated July 13, 2010; Accessed 2012 April 18]. Available from: http://www.eclecticherb.com/emp/updatesHCDI.html


Felter HW, Lloyd JU. King’s American Dispensatory. Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


Felter HW. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1922 original].


Wren RC, Evans FJ. Potter’s New Encyclopedia of Botanical Drugs and Preparations. Essex (GB); Potter’s (Herbal Supplies) Limited; 1985 (Reprint of 1907).