

NATURAL HEALTH PRODUCT

ELEUTHERO – *ELEUTHEROCOCCUS SENTICOSUS*

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 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 on the label.

Date April 25, 2025

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

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

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Eleutherococcus senticosus</i>	<ul style="list-style-type: none"> • Ci wu jia • Eleuthero • Siberian ginseng 	<i>Eleutherococcus senticosus</i>	Root	Dry

References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; Source information: Barnes et al. 2007; Hoffmann 2003.

Route of administration

Oral (Bradley 2006; ESCOP 2003)

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 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)

- Used in Herbal Medicine as a tonic to help relieve general weakness/fatigue and/or to aid during recovery (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)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

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

0.91 – 6 grams of dried root, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Mills and Bone 2000).

***Note:** Solvents allowed for the method of preparation “Non-Standardized Extracts (Dry extract)” as part of this monograph are ethanol and/or water only.

Direction(s) for use

No statement required.

Duration(s) of use

Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 4 weeks (ESCOP 2003).

Risk information

Caution(s) and warning(s)

- **Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.**
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (Barnes et al. 2007; ESCOP 2003).**
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have any type of acute infection (Brinker 2010; Mills and Bone 2000).**



Contraindication(s)

Do not use if you have high blood pressure (Gardner and McGuffin 2013; Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; Mills and Bone 2000).

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Product Ingredient 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*.

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.



EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

Product Facts
Medicinal ingredient in each capsule <i>Eleutherococcus senticosus</i> (Eleuthero – root) X:1 extract XX mg Equivalent to YY g of dried root
Uses <ul style="list-style-type: none"> • Used in Herbal Medicine as a tonic to help relieve general weakness or to aid during recovery. • Used in Herbal Medicine to help improve mental or physical performance after periods of mental and physical exertion.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Do not use if you have high blood pressure.
Ask a health care practitioner before use if • you are pregnant or breastfeeding • you have any type of acute infection.
Ask a health care practitioner if symptoms persist or worsen.
Directions Adults 18 years and older: • Take X capsule(s), X time(s) per day • Ask a health care practitioner for use beyond 4 weeks.
Other information (Add storage information)
Non-medicinal ingredients List all NMIs
Questions? (Call) 1-XXX-XXX-XXXX

¹This section can be removed from the table if the product contains no allergen or aspartame

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