



NATURAL HEALTH PRODUCT

LICORICE

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 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.

Restrictions when this monograph is combined with other monographs (Class II and III applications):

- Licorice and stimulant laxatives: As licorice may potentiate potassium depletion of laxatives, the combination of licorice with stimulant laxatives is only permitted if:
 - licorice is deglycyrrhizinated (consult the Deglycyrrhizinated licorice monograph), or;
 - for non deglycyrrhizinated preparations, if licorice is present in sufficiently small amount to provide no more than 16 mg glycyrrhizin/glycyrrhizic acid per day. In this case, this monograph may be used for safety only as the effective dose as per Tables 2 and 3 below may not be met.(Gardner and McGuffin 2013; Brinker 2010; Isbrucker and Burdock 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Van Gelderen et al. 2000).
- Licorice and diuretics: Not more than 1 ingredient with diuretic properties may be combined with the medicinal ingredient licorice due to potential of electrolyte imbalance at Class II. Combinations with more diuretics may be submitted as a Class III application.

Date

November 29, 2024



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>Glycyrrhiza glabra</i>	<ul style="list-style-type: none"> • Guang guo gan cao • Licorice • Liquorice 	<i>Glycyrrhiza glabra</i>	<ul style="list-style-type: none"> • Root • Root and rhizome • Root and stolon • Root and rhizome and stolon 	Dry
<i>Glycyrrhiza inflata</i>	<ul style="list-style-type: none"> • Chinese licorice • Zhang guo gan cao 	<i>Glycyrrhiza inflata</i>	<ul style="list-style-type: none"> • Root • Root and rhizome 	Dry
<i>Glycyrrhiza uralensis</i>	<ul style="list-style-type: none"> • Chinese licorice • Gan cao 	<i>Glycyrrhiza uralensis</i>	<ul style="list-style-type: none"> • Root • Root and rhizome 	Dry

References: Proper names: USDA 2024; Common names: Gardner and McGuffin 2013; Bensky et al. 2004; Source information: Mills and Bone 2005, Bensky et al. 2004; ESCOP 2003, Blumenthal et al. 2000, 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 4-5 years: The acceptable dosage forms are limited to chewables, emulsion/suspension, powders and solution/liquid preparations (Giacoaia et al. 2008; EMA/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)

All subpopulations

(Traditionally) used in Herbal Medicine as an expectorant to help relieve (mucous buildup (catarrhs) and) cough associated with upper respiratory tract infections/cold (EMA 2012; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Bradley 1992; Felter and



Lloyd 1983, Grieve 1971).

Adults only

Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults (ESCOP 2003; Hoffmann 2003; Bradley 1992).

Notes

For multi-ingredient products:

- To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Licorice is used in Herbal Medicine as an expectorant to help relieve cough associated with upper respiratory tract infections).
- When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required

Dose(s)

Subpopulation(s)

As specified below.

Quantity(ies)

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

Table 2. Dose information for licorice dried root/root and rhizome/root and stolon/root and rhizome and stolon per day

Subpopulation(s)		Dried root/rhizome/stolon (gram/day)	
		Minimum	Maximum
Children ¹	4 years	0.1	2.5
	5-9 years	0.15	3.75
	10-11 years	0.3	7.5
Adolescents ¹	12-14 years	0.3	7.5
	15-17 years	0.6	15
Adults ^{1,2}	18 years and older	0.6	15

¹ Children and adolescent doses were calculated as a fraction of the adult dose (JC 2023). The use of licorice in children and adolescents is supported by the following references: McIntyre 2005; Schilcher 1997; Bove 1996.

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

***Note:** Solvents allowed for the method of preparation “Non-standardized extracts (Dry extract)”



as part of this monograph are ethanol and/or water only.

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

Table 3. Dose information for glycyrrhizin per day

Subpopulation(s)		Glycyrrhizin (milligram/day)	
		Minimum	Maximum
Children ¹	4 years	10	100
	5-9 years	15	150
	10-11 years	30	300
Adolescents ¹	12-14 years	30	300
	15-17 years	60	600
Adults ^{1,2}	18 years and older	60	600

¹ Children and adolescent doses were calculated as a fraction of the adult dose (JC 2023). The use of licorice in children and adolescents is supported by the following references: McIntyre 2005; Schilcher 1997; Bove 1996.

² Adult dose supported by the following references: ESCOP 2003.

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 (EMA 2012).

Risk information

Caution(s) and warning(s)

All products

Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding (Gardner and McGuffin 2013).

Cough relief

Ask a health care practitioner/health care provider/health care professional/doctor/physician if cough worsens or persists (for) more than 1 week (EMA 2012).



Gastritis relief

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

Contraindication(s)

All products

- **Do not use if** you are pregnant (EMA 2012).
- **Do not use if** you have hypokalemia, high blood pressure, or a kidney, liver or cardiovascular disorder (EMA 2012; Brinker 2010; ESCOP 2003; Bradley 1992).
- **Do not use if** you are taking heart medications, corticosteroids, stimulant laxatives, or other health products that may contribute electrolyte imbalance (Brinker 2010; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

Known adverse reaction(s)

No statement required.

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*.

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>Glycyrrhiza glabra</i> (Licorice – root) extract XX mg Providing YY mg of Glycyrrhizin
Uses <ul style="list-style-type: none"> • (Traditionally) used in Herbal Medicine as an expectorant to help relieve cough associated with upper respiratory tract infection. • Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults¹.
Warnings
If applicable²: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Do not use if • you are pregnant • you have hypokalemia, high blood pressure, or a kidney, liver or cardiovascular disorder • you are taking heart medications, corticosteroids, stimulant laxatives, or other health products that may contribute electrolyte imbalance.
Ask a health care practitioner before use if you are breastfeeding.
Ask a health care practitioner if • symptoms persist or worsen • cough worsens or persists more than 1 week.
Directions Adults, adolescents, children 6 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

¹Adults only.

²This section can be removed from the table if the product contains no allergen or aspartame.

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