NATURAL HEALTH PRODUCT

POMEGRANATE – PUNICA GRANATUM

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
August 12, 2013

Proper name(s)

Punica granatum L. (Lythraceae) (USDA 1995)

Common name(s)
Pomegranate (USDA 1995)

Source material(s)
¬ Fruit (Duke 2001)
¬ Aril (Duke 2001)

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

Provides antioxidants (Herber et al. 2007; Rosenblat et al. 2006; Aviram et al. 2004; Aviram et al. 2000).

**Dose(s)**

**Subpopulation(s)**

Adults (≥18 years)

**Quantity(ies)**

*Dry, Powdered, Non-standardized extracts & Standardized Extracts:*

Not to exceed 20 g of Quantity Crude Equivalent (QCE), per day (CNF 2012).

**Duration of use**

No statement required.

**Risk information**

**Caution(s) and warning(s)**

No statement required.

**Contraindication(s)**

No statement required.

**Known adverse reaction(s)**

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.
Storage conditions

No statement required.

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).

References cited


References reviewed


