

NATURAL HEALTH PRODUCT
TURMERIC – *CURCUMA LONGA*

Topical

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLA) 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 February 28, 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>Curcuma longa</i>	<ul style="list-style-type: none"> • Common turmeric • Curcuma • Indian-saffron • Jianghuang • Turmeric • Yellow ginger 	<i>Curcuma longa</i>	Rhizome	Dry

References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; Source information: PPRC 2020; ESCOP 2003; Blumenthal et al. 2000.

Route of administration

Topical

Dosage form(s)

Acceptable dosage forms when used according to the requirements indicated in this monograph: Cream; Gel; Liquid; Lotion; Ointment; Paste; Powder; Salve; Solution; Topical liquid (Paranjape 2005; Kapoor 2001).



Use(s) or Purpose(s)

- Traditionally used in Ayurveda to help relieve pain and inflammation (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).
- Traditionally used in Ayurveda to help heal minor wounds (such as cuts/(and) burns) (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).
- Traditionally used in Ayurveda to help heal minor skin irritations (Paranjape 2005; Murthy 2004; API 2001; Kapoor 2001).

Notes

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Ayurveda to help relieve pain and inflammation and to help heal minor wounds).
- **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., Turmeric is traditionally used in Ayurveda to help relieve pain and inflammation).
 - 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)

Adults 18 years and older

Quantity(ies)

Note: On the PLA form, quantities can be expressed as percentage weight by weight (% w/w), percentage weight by volume (% w/v) or percentage volume by volume (% v/v), depending on the product formulation. On the product label, quantities can also be expressed in other equivalent concentration units (e.g., mg/mL).

Methods of preparation: Powdered, Non-Standardized Ethanolic Extracts (Tincture, Fluid extract)

5 – 100% of dried rhizome or dried rhizome extract preparation in the finished product (Jamali et al. 2020; API 2001; Nadkarni and Nadkarni 1976).



Notes:

- The extract ratio must be between 1:1 (fluid extract) and 1:20. The formulation must be prepared in a way which is equivalent to 50 to 1000 milligrams crude dried rhizome per 1 gram of finished product. For example, for a tincture prepared with a 1:5 w/w ratio, the finished product must contain between 25 to 100% extract preparation (50 – 1000 mg crude dried rhizome * 5 w/w (dilution) = 250 – 1000 mg extract in 1 gram finished product = 25 – 100 % extract preparation in the finished product).
- Products in a powder dosage form must be prepared by the consumer prior to use (see directions for use).

Methods of preparation: Non-Standardized Ethanolic Dry Extracts (Extract dry)

0.5 – 50% dried rhizome extract preparation in the finished product (Jamali et al. 2020; API 2001; Nadkarni and Nadkarni 1976).

Notes:

- For dry extracts, the extract ratio must be between 2:1 and 50:1. The formulation must be prepared in a way which is equivalent to a quantity of 50 to 1000 milligrams crude dried rhizome per 1 gram of finished product. For example, for a dry extract prepared with a 10:1 w/w ratio, the finished product must contain between 25 to 100% extract preparation (50 – 1000 mg crude dried rhizome / 10 w/w (concentration) = 50 – 100 mg dry extract in 1 g finished product = 25 – 50% extract preparation in the finished product).
- The minimum quantity of 0.5% still applies for more concentrated extracts (e.g., a product containing 0.5% of a dry extract contains 5 mg dry extract in 1 g finished product; 5 mg of a 30:1 w/w dry extract is equivalent to 150 mg crude dried rhizome).

Direction(s) for use

Powder dosage form

Prepare as a paste by mixing [insert volume to be measured by consumer, e.g., ½ teaspoon] of product with a small amount of water until you achieve the desired consistency. Apply to affected area(s), up to 4 times per day (API 2001; Kapoor 2001).

Liquid dosage forms (Liquid, Solution, Topical liquid)

Soak a small towel/pad/gauze/cotton in the product. Apply to affected area(s), up to 4 times per day (API 2001; Kapoor 2001).

Cream/Gel/Lotion/Ointment/Paste/Salve dosage forms

Apply to affected area(s), up to 4 times per day (API 2001; Kapoor 2001).



Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

- **For external use only.**
- **When using this product** avoid contact with eyes. If contact occurs, rinse thoroughly with water.
- **Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if** symptoms worsen or last (for) more than 7 days.
- **Keep out of reach of children.** If swallowed, call a poison control centre or get medical help right away.

Contraindication(s)

Do not use on deep or puncture wounds, animal bites or serious burns.

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 (w/w) <i>Curcuma longa</i> (Turmeric – rhizome) XX %
Uses <ul style="list-style-type: none"> • Traditionally used in Ayurveda to help relieve pain and inflammation. • Traditionally used in Ayurveda to help heal minor wounds. • Traditionally used in Ayurveda to help heal minor skin irritations.
Warnings
For external use only
Do not use on deep or puncture wounds, animal bites or serious burns.
When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water.
Stop use and ask a health care practitioner if symptoms worsen or last more than 7 days.
Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away.
Directions Adults 18 years and older: • Prepare as a paste by mixing [insert volume to be measured by consumer, e.g., ½ teaspoon] of product with a small amount of water until you achieve the desired consistency • Apply to affected area, up to 4 times per day.
Other information (Add storage information)
Non-medicinal ingredients List all NMIs
Questions? (Call) 1-XXX-XXX-XXXX

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