



NATURAL HEALTH PRODUCT

BETA-GLUCAN

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 statements are synonymous. Either term or statement may be selected by the applicant.

Date

February 23, 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)
beta-Glucan	• beta-Glucan	• <i>Avena sativa</i>	• Seed • Seed bran	Isolate
	• beta-D-Glucan	• <i>Hordeum vulgare</i>		
	Oat beta-glucan	<i>Avena sativa</i>		

References: Proper name: Charlton et al. 2012; EFSA 2011a,b, 2010; Queenan et al. 2007; Braaten et al. 1994; Uusitupa et al. 1992; Common names: Charlton et al. 2012; EFSA 2011a,b, 2010; Queenan et al. 2007; Braaten et al. 1994; Uusitupa et al. 1992; Source information: USDA 2023; Charlton et al. 2012; Queenan et al. 2007.

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 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)

- Helps reduce/lower LDL cholesterol (which is one risk factor for the development of coronary heart disease) (Charlton et al. 2012; EFSA 2011a,b, 2010; AbuMweiss et al. 2010; HC 2010; Wolever et al. 2010; Delahoy et al. 2009; Queenan et al. 2007; Wood 2007; Biorklund et al. 2005; NECP 2002; Brown et al. 1999; Ripsin et al. 1992).
- Helps reduce/lower bad cholesterol (which is one risk factor for the development of coronary heart disease) (Charlton et al. 2012; EFSA 2011a,b, 2010; AbuMweiss et al. 2010; HC 2010; Wolever et al. 2010; Delahoy et al. 2009; Queenan et al. 2007; Wood 2007; Biorklund et al. 2005; NECP 2002; Brown et al. 1999; Ripsin et al. 1992).
- Provides support for healthy (postprandial) glucose metabolism (within two hours after a meal) (EFSA 2011a,b; Ulmius et al. 2011; Granfeldt et al. 2008; Panahi et al. 2007; Biorklund et al. 2005; Kabir et al. 2002).
- Helps improve (postprandial) glucose metabolism (within two hours after a meal) (EFSA 2011a,b; Ulmius et al. 2011; Granfeldt et al. 2008; Panahi et al. 2007; Biorklund et al. 2005; Kabir et al. 2002).
- Source of fiber for the maintenance of good health (CFIA 2022; IOM 2005). Helps support and maintain a healthy digestive system (CFIA 2022; IOM 2005).

Note: The above uses can be combined on the product label (e.g., Helps reduce/lower bad cholesterol and improve glucose metabolism).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

2 – 10 grams of beta-Glucan, per day (Charlton et al. 2011; EFSA 2011a,b, 2010; AbuMweiss et al. 2010; Queenan et al. 2007; IOM 2005; Johnston et al. 1998; Braaten et al. 1994; Torronen et al. 1992; Uusitupa et al. 1992).

Direction(s) for use

No statement required.

Duration(s) 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 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 scoop beta-Glucan (<i>Avena sativa</i> – seed) XX g
Uses <ul style="list-style-type: none"> • Helps reduce/lower bad cholesterol which is one risk factor for the development of coronary heart disease. • Provides support for healthy glucose metabolism within two hours after a meal. • Source of fiber for the maintenance of good health. • Helps support and maintain a healthy digestive system.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Directions Adults 18 years and older: • Take X scoop(s), X time(s) a day.
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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EFSA 2011b: Scientific Opinion: Scientific Opinion on the substantiation of a health claim related to barley beta-glucans and lowering of blood cholesterol and reduced risk of (coronary) heart disease pursuant to Article 14 of Regulation (EC) No 1924/2006. EFSA Panel on Dietetic Products, Nutrition and Allergies (DNA), European Food Safety Authority (EFSA), Parma, Italy. [Accessed 2024 February 5]. Available from: <http://www.efsa.europa.eu/en/efsajournal/doc/2471.pdf>

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