

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

June 3, 2019

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

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

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(s)	Part(s)	Preparation(s)
Beta-glucan	▶ beta-glucan	▶ <i>Avena sativa</i>	▶ Seed	Isolate
	▶ beta-D-glucan	▶ <i>Hordeum vulgare</i>	▶ Seed bran	
	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 materials: USDA 2019a,b, 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 the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.



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).
- ▶ 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 2012; IOM 2005).
- ▶ Helps support and maintain a healthy digestive system (CFIA 2012; IOM 2005).

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

Preserve in well-closed containers (USP 35 2012).

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.

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