

## NATURAL HEALTH PRODUCT

### QUERCETIN

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 ingredient(s)
		Common name(s)
<ul style="list-style-type: none"> <li>▶ 2-(3,4-Dihydroxyphenyl)-3,5,7-trihydroxy-4H-1-benzopyran-4-one</li> <li>▶ 2-(3,4-dihydroxyphenyl)-3,5,7-trihydroxychromen-4-one</li> <li>▶ 3,3',4',5,7-Pentahydroxyflavone</li> </ul>	<ul style="list-style-type: none"> <li>▶ Quercetin</li> <li>▶ Quercetin anhydrous</li> </ul>	<ul style="list-style-type: none"> <li>▶ Citrus bioflavonoids</li> <li>▶ Quercetin</li> <li>▶ Quercetin dihydrate</li> </ul>

References: Proper names: Ph.Eur. 2013, ChemID 2012, Merck 2012, PubChem 2012, Martindale 2011; Common names: ChemID 2012; Merck 2012; Source ingredients: NHPID 2019.

#### 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)

- ▶ Source of/Provides antioxidants (Merck 2012; Martindale 2011; Murray and Bongiorno 2006; Harborne et al. 1999).
- ▶ Used in Herbal Medicine as a capillary/blood vessel protectant (Merck 2012; Martindale 2011; PDR 2008; Murray and Bongiorno 2006; Harborne et al. 1999).

### Dose(s)

#### Subpopulation(s)

Adults 18 years and older

#### Quantity(ies)

##### *Antioxidant*

Not to exceed 1,200 milligrams of Quercetin, per day and 600 milligrams per single dose (NS 2012; Wang et al. 2009; Boots et al. 2008; PDR 2008; Erlund et al. 2003; Lamson and Brignall 2000; Hakkinen et al. 1999).

##### *Capillary/ blood vessel protectant*

600 – 1,200 milligrams of Quercetin, per day. Not to exceed 600 milligrams per single dose (PDR 2008; Murray and Bongiorno 2006).

#### Direction(s) for use

##### *Products providing 40-1,200 milligrams of Quercetin, per day*

Take with food/meal (Harwood et al. 2007).

### Duration(s) of use

##### *Products providing 40-1,200 milligrams of Quercetin, per day*

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 12 weeks (NS 2012; Harwood et al. 2007; Boyle et al. 2000).



## Risk information

### Caution(s) and warning(s)

*Products providing 40-1,200 milligrams of Quercetin, per day*

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.

### 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

Store in a light-resistant container (Ph.Eur. 2013).

## 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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