

NATURAL HEALTH PRODUCT

ROMAN CHAMOMILE – *CHAMAEMELUM NOBILE*

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 labels at the applicants' discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date October 30, 2018

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)
<i>Chamaemelum nobile</i>	<ul style="list-style-type: none"> ▶ English chamomile ▶ Garden chamomile ▶ Noble chamomile ▶ Roman chamomile ▶ Russian chamomile 	<i>Chamaemelum nobile</i>	Flower	Dried

References: Proper name: USDA 2018; Common names: USDA 2018, McGuffin et al. 2000; Source material: Wichtl 2004, Bradley 1992.

Route of administration

Oral (Wichtl 2004; Bradley 1992)

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)

(Traditionally) used in Herbal Medicine to help relieve mild digestive upset (such as dyspepsia, nausea and flatulence) (Wichtl 2004; Mills and Bone 2000; Bradley 1992; BHP 1983; Felter 1983; Ellingwood 1983).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

1.8-12 grams of dried flower, per day (Wichtl 2004; Bradley 1992; BHP 1983)

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a healthcare practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.



Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Brinker 2010; Mills and Bone 2000; Blumenthal et al. 1998).

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

No statement required.

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.

References cited

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Felter HW. 1922. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications.

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Barnes J, Anderson LA, Phillipson JD. 2007. Herbal Medicines, 3rd edition. Grayslake (IL): Pharmaceutical Press.

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