

NATURAL HEALTH PRODUCT

ROYAL JELLY

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 label at the applicant's discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

Date

April 24, 2026

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)
Royal jelly	Royal jelly	<i>Apis mellifera</i>	Secretion	Fresh

References: Proper name: Brayfield and Cadart 2024; Common name: Brayfield and Cadart 2024; Source information: EFSA 2011; Cherniack 2010; Guo et al. 2008.

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)

- Source of antioxidants/Provides antioxidants (Karadeniz et al. 2011; Silici et al. 2011; Guo et al. 2008; Viuda-Martos et al. 2008; El-Nekeety et al. 2007).



- Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Karadeniz et al. 2011; Silici et al. 2011; Guo et al. 2008; Viuda-Martos et al. 2008; El-Nekeety et al. 2007).
- Used in Herbal Medicine as a nutritive tonic (Pizzorno and Murray 2013; Peirce 1999; Bartram 1998).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Antioxidant

Methods of preparation: Fresh, Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

Not to exceed 6 grams fresh royal jelly, per day (Karadeniz et al. 2011; Silici et al. 2011; Guo et al. 2007; Viuda-Martos et al. 2008; El-Nekeety et al. 2007).

Nutritive tonic

Methods of preparation: Fresh, Dry, Powdered, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

0.8 – 6 grams fresh royal jelly, per day (Barnutiu et al. 2011; Guo et al. 2007; Stocker et al. 2005).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.



Risk information

Caution(s) and warning(s)

Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding.

Contraindication(s)

Do not use if you have a history of asthma or allergies (TGA 2001; Leung et al. 1997; Harwood et al. 1996; Laporte et al. 1996; Thien et al. 1996; Leung et al. 1995; Peacock et al. 1995; Bullock 1994).

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Leung et al. 1997; Laporte et al. 1996; Thien et al. 1996; Leung et al. 1995; Peacock et al. 1995).

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 capsule	
Royal jelly (<i>Apis mellifera</i>) X:1 extract	XX mg
Equivalent to YY g fresh royal jelly	
Uses	
<ul style="list-style-type: none"> • Source of antioxidants. • Used in Herbal Medicine as a nutritive tonic. 	
Warnings	
If applicable¹:	
Allergens: food allergen, gluten (gluten source), sulphites	
Contains aspartame	
Do not use if you have a history of asthma or allergies.	
Ask a health care practitioner before use if you are pregnant or breastfeeding.	
Stop use if allergy occurs.	
Directions	
Adults 18 years and older: • Take X capsule(s), X time(s) per 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.

References cited

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Version History

Publication date	Update type	Summary of main updates (from Feb 2026)
2026-04-24	Minor updates	<ul style="list-style-type: none"> • Addition of the method of preparation ‘Fresh’ • Addition of a cited reference
2026-02-27	Minor updates	<ul style="list-style-type: none"> • Introductory notes • Addition of the preparation column in



Publication date	Update type	Summary of main updates (from Feb 2026)
		Table 1 <ul style="list-style-type: none">• Addition of the detailed antioxidant claim• Additional methods of preparation• Risk statement wording• Inclusion of the standard statement for storage conditions• Inclusion of a Product Facts Table example• Reference section• Inclusion of version history information
2018-07-31	Validation	–
2015-01-20	Minor updates	–
2014-05-06	Initial release	–