

## NATURAL HEALTH PRODUCT

### STINGING NETTLE JUICE

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)
<i>Urtica dioica</i>	<ul style="list-style-type: none"> <li>▶ Stinging Nettle Aerial Parts Juice</li> <li>▶ Stinging Nettle Juice</li> </ul>	<i>Urtica dioica</i>	Herb top	Juice

References: Proper name: USDA 2019; Common names: Blumenthal et al. 2000, McGuffin et al. 2000, Source material: ESCOP 2003, Wren 1907.

#### 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)

- ▶ Traditionally used in Herbal Medicine as a diuretic (Mills and Bone 2005; ESCOP 2003; Bisset and Wichtl 2001; Blumenthal et al. 2000; Tilgner 1999; Bradley 1992; Wren 1907).
- ▶ Used in Herbal Medicine as supportive therapy to help relieve rheumatic complaints (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; Bradley 1992).
- ▶ Used in Herbal Medicine as a nutritive tonic (Hoffman 2003; Tilgner 1999).
- ▶ Used in Herbal Medicine to help relieve seasonal allergy symptoms (Mills and Bone 2005; Tilgner 1999).

### 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)

Method of preparation: Juice

15 - 45 milliliters of juice of fresh herb top, per day (ESCOP 2003; Blumenthal et al. 2000; Bradley 1992)

#### Direction(s) for use

No statement required.

### Duration(s) of use

#### *Diuretic*

For occasional use only (Berardi et al. 2002; CPA 2002).



## Risk information

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

*All products except nutritive tonics*

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

### Contraindication(s)

Do not use this product if you are pregnant or breastfeeding (Barnes et al. 2007; Brinker 2001; Tilgner 1999).

### 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

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

Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3<sup>rd</sup> edition. London (UK): The Pharmaceutical Press; 2007.

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13<sup>th</sup> edition. Washington (DC): American Pharmaceutical Association; 2002.



Bisset NG, Wichtl M, editors. *Herbal Drugs and Phytopharmaceuticals*. 2<sup>nd</sup> edition. Stuttgart (Germany): medpharm GmbH Scientific Publishers; 2001.

Blumenthal M, Goldberg A, Brinkmann J, editors. *Herbal Medicine: Expanded Commission E Monographs*. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. *British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 1*. Bournemouth (UK): British Herbal Medicine Association; 1992.

Bradley PR, editor. *British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2*. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. *Herb Contraindications and Drug Interactions*, 3<sup>rd</sup> edition. Sandy (OR): Eclectic Medical Publications; 2001.

CPA 2002: Canadian Pharmacists Association. *Patient Self-Care. Helping Patients Make Therapeutic Choices*. Ottawa (ON): Canadian Pharmacists Association; 2002.

ESCOPE 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2<sup>nd</sup> edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Hoffmann D. *Medical Herbalism*. Rochester (VT): Healing Arts Press; 2003.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. *Herbs of Commerce*, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

Mills S, Bone K. *The Essential Guide to Herbal Safety*. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

Tilgner S. *Herbal Medicine from the Heart of the Earth*. Creswell (OR): Wise Acre Press; 1999.

USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Urtica dioica* (L). National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2019 May 15]. Available from: <https://npgsweb.arsgrin.gov/gringlobal/taxon/taxonomysimple.aspx>

Wren RC. *Potter's Cyclopedia of Botanical Drugs and Preparations*. London (UK): Potter and Clark; 1907.