

NATURAL HEALTH PRODUCT

THUJA - *THUJA OCCIDENTALIS*

Topical

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

August 28, 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>Thuja occidentalis</i>	<ul style="list-style-type: none"> ▶ American arborvitae ▶ Arborvitae ▶ Cedar ▶ Eastern arborvitae ▶ Eastern white cedar ▶ Hackmatack ▶ Northern white-cedar ▶ Swamp cedar ▶ Thuja ▶ Tree of life ▶ White-cedar 	<i>Thuja occidentalis</i>	Herb top	Dried

References: Proper name: USDA 2018; Common name: McGuffin et al. 2000; Source material: BHP 1983; Felter and Lloyd 1983.

Route of administration

Topical

Dosage form(s)

This monograph does not apply to products for use on mucous membranes.

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 remove warts on the hands and feet (Hoffmann 2003; Williamson 2003; BHP 1983; Felter and Lloyd 1983).
- ▶ Used in Herbal Medicine to help relieve fungal infections such as ringworm (Hoffmann 2003; Williamson 2003).

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)

0.1 - 2 grams dried herb tops, 3 times per day (Hoffmann 2003; BHP 1983)

Direction(s) for use

Apply to affected area(s) as needed.

Duration(s) of use

No statement required.



Risk information

Caution(s) and warning(s)

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.
- ▶ Consult a healthcare practitioner/ health care provider/health care professional/doctor/physician prior to use if you have diabetes or poor blood circulation (Berardi et al. 2002).

Contraindication(s)

Do not apply this product on mucous membranes (EMEA 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

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

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