

NATURAL HEALTH PRODUCT

THYME – *THYMUS VULGARIS*

Oral

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

July 1, 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>Thymus vulgaris</i>	<ul style="list-style-type: none"> ▶ Common thyme ▶ Conehead thyme ▶ English thyme ▶ French thyme ▶ Garden thyme ▶ Thyme 	<i>Thymus vulgaris</i>	<ul style="list-style-type: none"> ▶ Flowering herb top ▶ Leaf 	Dried

References: Proper name: USDA 2019; Common names: McGuffin et al. 2000, Wiersma and Léon 1999; Source materials: Hoffmann 2003, Blumenthal et al. 2000, WHO 1999.

Route of administration

Oral (Mills and Bone 2005; Blumenthal et al. 2000)

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.



Acceptable dosage forms by age group:

Children 1-2 years: The acceptable dosage forms are limited to emulsion/suspension and solution/liquid preparations (Giacoaia et al. 2008; EMA/CHMP 2006).

Children 3-5 years: The acceptable dosage forms are limited to chewables, emulsion/suspension, powders and solution/liquid preparations (Giacoaia et al. 2008; EMA/CHMP 2006).

Children 6-11 years, Adolescents 12-17 years, and Adults 18 years and older: The acceptable dosage forms for this age category 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 an expectorant to help relieve the symptoms of bronchitis and mucus buildup of the (upper) respiratory tract (anti-catarrh) (EMA 2014; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003).
- ▶ Traditionally used in Herbal Medicine to help relieve coughs (spasmolytic) (EMA 2014; Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000).
- ▶ Traditionally used in Herbal Medicine to help relieve indigestion/flatulent dyspepsia and colic (carminative) (Bradley 2006; Mills and Bone 2005; Hoffmann 2003).

The following combined use(s) or purpose(s) is/are also acceptable:

Traditionally used in Herbal Medicine to help relieve coughs (spasmolytic), the symptoms of bronchitis and mucus buildup of the (upper) respiratory tract (anti-catarrh) (EMA 2014; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

Note

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

Dose(s)

Subpopulation(s)

Children 1 to 11 years, Adolescents 12 to 17 years and Adults 18 years and older (EMA 2014; ESCOP 2003)

Quantity(ies)

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

1 - 8.4 grams of dried leaf and/or flowering herb top, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)



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

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

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.



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