Health Canada Santé Canada

NATURAL HEALTH PRODUCT

AVENS – *GEUM URBANUM*

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 January 30, 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)
Geum urbanum	• Avens • Bennet's-root • Blessed Herb • City Avens • Cloveroot • Colewort • Geum • Goldy Star • Herb-bennet • Way Bennet • Wild Rye • Wood avens	*Geum urbanum*	• Herb top • Root	Dry

References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; BHP 1983; Grieve 1971; Source information: Williamson et al. 1988; Grieve 1971.

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)

- Traditionally used in Herbal Medicine (as an antidiarrheal) to help relieve diarrhea (Wichtl 2004; Williamson et al. 1988; BHP 1983; Grieve 1971).
- Traditionally used in Herbal Medicine (as a febrifuge) to help reduce fever (Williamson et al. 1988; BHP 1983; Grieve 1971).
- Traditionally used in Herbal Medicine (as an astringent) to help relieve sore throats (Wichtl 2004; Williamson et al. 1988; Grieve 1971).
- Traditionally used in Herbal Medicine (as a stomachic) to aid digestion (Wichtl 2004; Williamson et al. 1988; Grieve 1971).

Notes

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Herbal Medicine to help relieve diarrhea and as an astringent to help relieve sore throats).
- **For multi-ingredient products:**
  - To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Avens is traditionally used in Herbal Medicine help reduce fever).
  - When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

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

1 – 12 grams of dried herb top and/or root, per day (Wichtl 2004; BHP 1983; Grieve 1971).

***Note**: Solvents allowed for the method of preparation "Non-Standardized Extracts (Dry extract)" as part of this monograph are ethanol and/or water only.

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** if symptoms persist or worsen.
- **Ask a health care practitioner/health care provider/health care professional/doctor/ physician before use if** you are pregnant or breastfeeding.

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

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 *Geum urbanum* (Avens) X:1 extract XX mg Equivalent to YY g of dried root
Uses • Traditionally used in Herbal Medicine to help relieve diarrhea. • Traditionally used in Herbal Medicine to help reduce fever. • Traditionally used in Herbal Medicine to help relieve sore throats. • Traditionally used in Herbal Medicine to aid digestion.
Warnings
If applicable[1]: **Allergens: food allergen, gluten (gluten source), sulphites** **Contains aspartame**
Ask a health care practitioner before use if you are pregnant or breastfeeding.
Ask a health care practitioner if symptoms persist or worsen.
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

[1]This section can be removed from the table if the product contains no allergen or aspartame.

References cited

BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983.

Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety

Handbook. 2nd edition. Boca Ration (FL): Taylor and Francis Group; 2013.

Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

USDA 2024: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) – Global. U.S. National Plant Germplasm System. [Accessed 2024 May 17]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch

Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988.

References reviewed

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

Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

Gruenwald J, Brendler T, Jaenicke C, editors. PDR for Herbal Medicines, 1st edition. Montvale (NJ): Medical Economics Company; 1998.