



NATURAL HEALTH PRODUCT

BILBERRY – VACCINIUM MYRTILLUS

Buccal

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 labels 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 October 30, 2018

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)
<i>Vaccinium myrtillus</i>	<ul style="list-style-type: none"> ▶ Bilberry ▶ European blueberry ▶ Huckleberry ▶ Whortleberry 	<i>Vaccinium myrtillus</i>	Fruit	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000; Source information: Blumenthal et al. 2000.

Route of administration

Buccal (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 for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.



Note

Dosage forms must be suited for buccal administration which allow for direct contact between the affected tissue and the medicinal ingredient (i.e. liquid preparations, gargles and mouthwashes).

Use(s) or Purpose(s)

Used in Herbal Medicine to help relieve mild inflammations of the mucous membranes of the mouth and/or throat (ESCOP 2003; Blumenthal et al. 2000).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, Decoction

5-10 grams of dried fruits (Blumenthal et al. 2000)

Note: Dried fruits should be prepared as a decoction (see direction for use).

Direction(s) for use

Dried fruits

Place crushed dried fruits in 150 ml cold water. Bring to a boil for approximately 10 minutes. Strain while hot. Dilute one part decoction with 10 parts water (ESCOP 2003, Blumenthal et al. 2000).

All products

Rinse and/or gargle as needed.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)



Health Santé
Canada Canada

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



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.

References cited

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