

NATURAL HEALTH PRODUCT

BLUEBERRY

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>Vaccinium angustifolium</i>	<ul style="list-style-type: none"> ▶ Blueberry ▶ Late sweet blueberry ▶ Lowbush blueberry ▶ Low sweet blueberry ▶ Sweethurts ▶ Upland lowbush blueberry 	<i>Vaccinium angustifolium</i>	Fruit	<ul style="list-style-type: none"> ▶ Fresh ▶ Dried
<i>Vaccinium corymbosum</i>	<ul style="list-style-type: none"> ▶ American blueberry ▶ Blueberry ▶ Highbush blueberry ▶ Swamp blueberry 	<i>Vaccinium corymbosum</i>		
<i>Vaccinium pallidum</i>	<ul style="list-style-type: none"> ▶ Blueberry ▶ Hillside lowbush blueberry 	<i>Vaccinium pallidum</i>		

References: Proper names: USDA 2019a,b,c; Common names: USDA 2019a,b,c; Source materials: USDA 2019a,b,c.

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)

Source of/Provides antioxidants (Serafini et al. 2009; Kolosova et al. 2004).

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)

- ▶ Not to exceed 20 grams of dried fruit, per day (CNF 2015; McAnulty et al. 2004).
- ▶ Not to exceed 150 grams of fresh fruit, per day (CNF 2015; McAnulty et al. 2004).

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

Extracts providing up to 40 % Anthocyanins and not to exceed 195 milligrams Anthocyanins, per day and a Quantity crude equivalent of 20 grams of dried fruit or 150 grams of fresh fruit, per day (CNF 2015; McAnulty et al. 2004; Prior et al. 1998).

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Products providing 5 grams or more of dried fruit, per day; Products providing 37.5 grams or more of fresh fruit, per day

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking blood thinners (ASHP 2005; Franco et al. 2004; IOM 2001; Hansten et al. 1997).

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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