

## NATURAL HEALTH PRODUCT

### BLACK WALNUT - *JUGLANS NIGRA*

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** April 29, 2022

#### 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>Juglans nigra</i>	Black walnut	<i>Juglans nigra</i>	Unripe hull	Unripe

References: Proper name: USDA 2018; Common name: USDA 2018; Source information: Mills and Bone 2005, Tilgner 1999.

#### 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 Compensial applications.

#### Use(s) or Purpose(s)

(Traditionally) used in Herbal Medicine (as a vermifuge/as an anthelmintic) to help expel intestinal worms (Mills and Bone 2005; Willard 1991; Grieve 1971).

**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 Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

0.65 - 2.75 grams of unripe hulls, per day (Mills and Bone 2005; Willard 1991).

**Direction(s) for use**

No statement required.

**Duration(s) of use**

- ▶ For occasional use only.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 14 days (Mills and Bone 2005; Tilgner 1999).

**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 health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding (Gardner and McGuffin 2010; Mills and Bone 2005).

**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* (NHPR).

## 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

Gardner ZE, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook, 2<sup>nd</sup> edition. Boca Raton (FL): CRC Press, Taylor & Francis Group; 2010.

Grieve M. A Modern Herbal. Volume 2. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): ELSEVIER Churchill Livingstone; 2005.

Tilgner S. Herbal Medicine from the Heart of the Earth. Cresswell (OR): Wise Acres Press; 1999.

USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). National Germplasm Resources Laboratory, Beltsville (MD). [Last updated 2010 July 15; Accessed 2018 August 14]. Available from: [http://www.ars-grin.gov/cgi-bin/npgs/html/tax\\_search.pl](http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl)

Willard T. The Wild Rose Scientific Herbal. Calgary (AB): Wild Rose College of Natural Healing Limited; 1991.

## References reviewed

Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010.

Felter HW, Lloyd JU. King's American Dispensatory. Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

Peirce A. The American Pharmaceutical Association Practical Guide to Natural Medicines. New York (NY): Stonesong Press, William Morrow and Company, Inc; 1999.