Health Canada Santé Canada

NATURAL HEALTH PRODUCT

CASSIA – *CINNAMOMUM AROMATICUM*

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 December 18, 2018

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)
Cinnamomum aromaticum	▸ Cassia ▸ Cassia cinnamon ▸ Chinese cinnamon ▸ Chinese cinnamon tree ▸ Rou Gui	*Cinnamomum aromaticum*	▸ Branch bark ▸ Stem bark ▸ Trunk bark	Dried

References: Proper name: USDA 2018, McGuffin et al. 2000; Common name: USDA 2018, Brinker 2010, Chen and Chen 2004, Blumenthal et al. 2000, McGuffin et al. 2000; Source material: PPRC 2010, Crawford 2009, BHC 2006, Mang et al. 2006, Bensky et al. 2004, Chen and Chen 2004,Khan et al. 2003, Blumenthal et al. 2000,1998.

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)

BRANCH, STEM or TRUNK BARK

- Helps to support/maintain healthy blood glucose levels (Davis and Yokoyama 2011; Crawford 2009; Mang et al. 2006).
- Source of/Provides antioxidants (Gruenwald et al. 2010; Roussel et al. 2009; Halvorsen et al. 2006; Shan et al. 2005).
- (Traditionally) used in Herbal Medicine for digestive disturbances/dyspeptic complaints/ indigestion, such as mild spasms of the gastrointestinal tract, bloating and flatulence (BHC 2006; Blumenthal et al. 2000, 1998).
- (Traditionally) used in Herbal Medicine for loss of appetite (BHC 2006; Blumenthal et al. 2000, 1998).

TRUNK BARK only

- Used in Traditional Chinese Medicine to dispel cold, relieve pain, open channels and collaterals (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).
- Used in Traditional Chinese Medicine to dispel cold, warm the spleen and relieve pain (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).
- Used in Traditional Chinese Medicine to encourage production of Qi and blood (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).
- Used in Traditional Chinese Medicine to tonify kidney yang, augment *ming men* (life gate) fire (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

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

- Used in Traditional Chinese Medicine to dispel cold, relieve pain, open channels and collaterals and warm the spleen (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).
- Used in Traditional Chinese Medicine to encourage production of Qi and blood, augment *ming men* (life gate) fire and tonify kidney yang (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

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)

BRANCH, STEM or TRUNK BARK

Methods of preparation: Dry, Powder, Non-Standardised Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

Antioxidant

Not to exceed 6 grams of dried bark, per day and 4 grams per single dose (Gruenwald et al. 2010; Roussel et al. 2009; Halvorson et al. 2006; Shan et al. 2005).

Appetite loss; Digestive disturbances/Indigestion

1 - 6 grams of dried bark, per day; Not to exceed 4 grams per single dose (Gruenwald et al. 2010; Al Jamal et al. 2009; Crawford 2009; Mang et al. 2006; Safdar et al. 2004; Khan et al. 2003).

Healthy glucose

3 - 6 grams of dried bark, per day; Not to exceed 4 grams per single dose (Davis and Yokoyama 2011; Gruenwald et al. 2010; Crawford 2009; Mang et al. 2006).

TRUNK BARK only

Traditional Chinese Medicine claims

Method of preparation: Decoction

2 - 5 grams of dried trunk bark, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Methods of preparation: Dry, Powder, Non-Standardised Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

1 - 2 grams of dried trunk bark, per day (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004).

Direction(s) for use

Appetite loss

Take 30 minutes before meals.

Digestive disturbances/Indigestion

Take with food/meal (Crawford 2009).

Duration(s) of use

Products providing 4-6 g of branch, stem or trunk bark, per day

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 6 weeks (Safdar et al. 2004; Khan et al. 2003).

Risk information

Caution(s) and warning(s)

Appetite loss; Digestive disturbances/Indigestion; Traditional Chinese Medicine claims

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

Products providing 1 g or more of branch, stem or trunk bark, per day

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding or have diabetes (NS 2018; Brinker 2010; Blumenthal et al. 2000; WHO 1999).

Contraindication(s)

Products providing 1 g or more of branch, stem or trunk bark, per day

Do not use this product if you are pregnant (Brinker 2010; PPRC 2010; BHC 2006; Chen and Chen 2004; Blumenthal 2000, 1998).

Traditional Chinese Medicine claims

Do not use this product if you have excess heat, yin-deficient fire, or bleeding caused by heat in the blood (PPRC 2010; Chen and Chen 2004).

Known adverse reaction(s)

Stop use if hypersensitivity/allergy occurs (Blumenthal 2000; WHO 1999; McGuffin et al. 1997).

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 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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