

## NATURAL HEALTH PRODUCT

### CATNIP – *NEPETA CATARIA*

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 17, 2021

#### 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>Nepeta cataria</i>	<ul style="list-style-type: none"> <li>▶ Catmint</li> <li>▶ Catnep</li> <li>▶ Catnip</li> <li>▶ Catswort</li> <li>▶ Field balm</li> </ul>	<i>Nepeta cataria</i>	Herb top	Dry

References: Proper name: USDA 2019; Common names: McGuffin et al. 2000; Source information: Hoffmann 2003, BHP 1983.

#### 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 to help relieve digestive spasms (antispasmodic) and indigestion/flatulent dyspepsia (carminative) (Hoffmann 2003; BHP 1983; Felter and Lloyd 1983; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine to help relieve feverish conditions by inducing sweating (diaphoretic) (Hoffmann 2003; Felter and Lloyd 1983).
- ▶ (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (nervine/calmativ) (Hoffmann 2003; Williamson 2003; BHP 1983; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine (as an astringent) to help relieve diarrhoea (Hoffmann 2003; Williamson 2003; Moerman 1998; Mills 1985; BHP 1983).

### 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-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

1.2 - 12 grams of dried herb top, per day (Hoffmann 2003; Williamson 2003; Mills 1985; BHP 1983).

#### Direction(s) for use

No statement required.

### Duration(s) of use

No statement required.

### 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 breastfeeding.

### **Contraindication(s)**

Do not use this product if you are pregnant (Brinker 2001; McGuffin et al. 1997).

### **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**

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

Brinker F. Herb Contraindications and Drug Interactions, 3<sup>rd</sup> edition. Sandy (OR): Eclectic Medical Publications; 2001.

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

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



Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

Mills S. The Dictionary of Modern Herbalism. Wellingborough (UK): Thorsons Publishers Ltd; 1985.

Moerman DE. Native American Ethnobotany. Portland (OR): Timber Press; 1998.

USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Nepeta cataria* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2019 July 10]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx>

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