

NATURAL HEALTH PRODUCT

CITRUS BIOFLAVONOIDS

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 March 31, 2023

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)
Citrus bioflavonoids	Citrus bioflavonoids	<ul style="list-style-type: none"> ▶ <i>Citrus aurantiifolia</i> ▶ <i>Citrus limon</i> ▶ <i>Citrus paradisi</i> ▶ <i>Citrus reticulata</i> ▶ <i>Citrus sinensis</i> 	<ul style="list-style-type: none"> ▶ Fruit ▶ Fruit peel

References: Proper name: Burdock 2005; Common name: Burdock 2005; Source information: USDA 2019a,b,c,d, Nogata et al. 2006, Burdock 2005.

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)

Source of/Provides antioxidants (Jung et al. 2003; Manthey et al. 2001).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Not to exceed 600 milligrams of Citrus bioflavonoids, per day (USDA 2013; Chun et al. 2007; Burbock et al. 2005; Blostein-Fujii et al. 1999).

Note

Must not exceed 600 milligrams of Citrus bioflavonoids, per day, when combined with other bioflavonoids such as but not limited to, quercetin, hesperidin, rutin, etc.

Direction(s) for use

No statement required.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Products providing 50 milligrams or more of Citrus bioflavonoids, per day

Consult a healthcare practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking prescription medication as citrus bioflavonoids may alter the effectiveness of these medications (Brinker 2018).

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

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USDA 2013. USDA Database for selected Flavonoid Content of Selected Foods. Release 3.1. Prepared by S Bhagwat, DB Haytowitz, JM Holden. Nutrient Data Laboratory, Beltsville Human Nutrition Research Center, Agricultural Research Service, U.S. Department of Agriculture; June 2013. [Accessed 2019 May 14]. Available from: <http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/Flav/Flav3-1.pdf>

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