

NATURAL HEALTH PRODUCT

CONCENTRATED TURMERIC EXTRACTS AND ISOLATES (CURCUMINOIDS/CURCUMIN)

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 label at the applicant's discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.
- As enhanced absorption formulations are often used for Turmeric and its constituents, this is a reminder that enhanced absorption dosage forms/formulations are not covered by Natural and Non-prescription Health Products Directorate's monographs and should be submitted as Class III submissions with supporting evidence.

Date

September 26, 2025

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>Curcuma longa</i> | <ul style="list-style-type: none"> • Common turmeric • Curcuma • Indian-saffron • Jianghuang • Turmeric • Yellow ginger | <i>Curcuma longa</i> | Rhizome | Dry |
| Curcuminoids | Curcuminoids | <i>Curcuma longa</i> | Rhizome | Isolate |
| (1E,6E)-1,7-Bis(4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione | Curcumin | <i>Curcuma longa</i> | Rhizome | Isolate |
| | | N/A | N/A | Synthetic |

References: Proper names: Curcuminoids: USP-NF 2023; EFSA 2017; Curcumin: RSC 2023; Turmeric: USDA 2023; Common names: Curcuminoids: USP-NF 2023; EFSA 2017; Curcumin: Goel et al. 2008; Boon and Smith 2004; Deodhar et al. 1980; Turmeric: USDA 2023; PPRC 2020; McGuffin et al. 2000; Source information: PPRC 2020; Goel et al. 2008; Boon and Smith 2004; ESCOP 2003; Blumenthal et al.

2000; Deodhar et al. 1980.

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 (an) antioxidant(s)/Provides (an) antioxidant(s) (ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- Source of (an) antioxidant(s)/Provides (an) antioxidant(s) that help(s) fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- Helps relieve joint pain and inflammation (Kuptniratsaikul et al. 2014; Panahi et al. 2014; Deodhar et al. 1980).

Note: For source of antioxidant(s) claims, the singular should be used on the label when the product only contains one medicinal ingredient (MI) (single compound) associated with the claim (e.g. curcumin); the plural form should be used when the product formulation contains more than one MI with such properties or one MI containing several compounds with antioxidant properties such as curcuminoids.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Concentrated Turmeric Extracts

Methods of preparation: Standardized Extracts

Antioxidant

Extract standardized to 75% Curcuminoids or more; Not to exceed 1500 milligrams curcuminoids per day and 500 milligrams per single dose (USP-NF 2023; Kuptniratsaikul et al. 2014; Panahi et al. 2014).

Note: Optional: The potency constituent, curcumin, can be included.

Relief of joint pain/inflammation

Extract standardized to 75% Curcuminoids or more; Providing 1500 milligrams curcuminoids, per day; Not to exceed 500 milligrams per single dose (USP-NF 2023; Kuptniratsaikul et al. 2014; Panahi et al. 2014).

Note: Optional: The potency constituent, curcumin, can be included.

Curcuminoids

Antioxidant

Not to exceed 1500 milligrams curcuminoids per day and 500 milligrams per single dose (USP-NF 2023; Kuptniratsaikul et al. 2014; Panahi et al. 2014).

Note: Optional: The potency constituent, curcumin, can be included.

Relief of joint pain/inflammation

1500 milligrams curcuminoids, per day; Not to exceed 500 milligrams per single dose (USP-NF 2023; Kuptniratsaikul et al. 2014; Panahi et al. 2014).

Note: Optional: The potency constituent, curcumin, can be included.

Curcumin

Antioxidant

Not to exceed 1200 milligrams curcumin per day and 400 milligrams per single dose (Deodhar et al. 1980).



Relief of joint pain/inflammation

1200 milligrams curcumin, per day; Not to exceed 400 milligrams per single dose (Boon and Smith 2004; Deodhar et al. 1980).

Direction(s) for use

No statement required.

Combination rules

- The finished product should not exceed a total amount of curcuminoids of 500 mg per dose and 1500 mg per day.
- The finished product should not exceed a total amount of curcumin of 400 mg per dose and 1200 mg per day.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

All products

- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use** if you are pregnant or breastfeeding.
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use** if you have a liver or biliary disorder (HC 2025; Brinker 2010; ESCOP 2003; McGuffin et al. 2000).
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use** if you are taking medications including blood thinners (HC 2025; Brinker 2010; Mills and Bone 2005).
- **Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician** if you experience any new symptoms including yellowing of the eyes or skin, dark urine, nausea, vomiting, stomach pain (HC 2025).

Relief of joint pain/inflammation

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

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*.

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.
- The medicinal ingredients may comply with pharmacopoeial monographs. For example, as per USP-NF 2023, curcuminoids is defined as a partially purified natural complex of diaryl heptanoid derivatives isolated from Turmeric, *Curcuma longa* L. The ingredient contains NLT 95.0% of curcuminoids, calculated on the dried basis, as the sum of curcumin, desmethoxycurcumin, and bisdesmethoxycurcumin. It contains not less than 70% and no more than 80% curcumin, NLT 15.0% and NMT 25.0% of desmethoxycurcumin, and NLT 2.5% and NMT 6.5% of bisdesmethoxycurcumin.



EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Product Facts | |
| Medicinal ingredient(s) in each capsule | |
| <i>Curcuma longa</i> (Turmeric) – rhizome extract | XX mg |
| Providing YY% Curcuminoids (including ZZ% Curcumin) | |
| AND/OR | |
| Curcumin (<i>Curcuma longa</i> – rhizome) | XX mg |
| AND/OR | |
| Curcuminoids (<i>Curcuma longa</i> – rhizome) (including YY mg Curcumin) | XX mg |
| Uses | |
| <ul style="list-style-type: none"> • Source of (an) antioxidant(s). • Source of (an) antioxidant(s) that help(s) protect cell against free radicals. • Helps relieve joint pain and inflammation. | |
| Warnings | |
| If applicable¹: | |
| Allergens: food allergen, gluten (gluten source), sulphites | |
| Contains aspartame | |
| Ask a health care practitioner before use if • you are pregnant or breastfeeding • you have a liver or biliary disease • you are taking medications including blood thinners. | |
| Stop use and ask a health care practitioner if you experience any new symptoms including yellowing of the eyes or skin, dark urine, nausea, vomiting, stomach pain. | |
| Ask a health care practitioner if symptoms persist or worsen ² . | |
| Directions | |
| Adults 18 years and older: • Take X capsule(s), X time(s) per day. | |
| Other information | |
| (Add storage information) | |
| Non-medicinal ingredients | |
| List all NMIs | |
| Questions? (Call) 1-XXX-XXX-XXXX | |

¹This section can be removed from the table if the product contains no allergen or aspartame.

²The qualifier ‘For joint pain and inflammation:’ may be included on the label to inform consumers.

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