

NATURAL HEALTH PRODUCT

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 PLA and product labels at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms are/or statements are synonymous. Either term or statement may be selected by the applicant.

Date

August 28, 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)
(1E,6E)-1,7-Bis(4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione	Curcumin	<i>Curcuma longa</i>	Rhizome

References: Proper name: O'Neil et al. 2018; Common name: Goel et al. 2008, Boon and Smith 2004, Deodhar et al. 1980; Source materials: Goel et al. 2008, Boon and Smith 2004, 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 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)

- ▶ Source of/Provides antioxidants (ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- ▶ Used in Herbal Medicine to help relieve joint inflammation (Mills and Bone 2000; Deodhar et al. 1980).

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Antioxidant

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

Relief of joint 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.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

All products

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant, have gallstones or a bile duct obstruction, or if you have stomach ulcers or excess stomach acid (Brinker 2010; ESCOP 2003; McGuffin et al. 2000).



- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking antiplatelet medication or blood thinners (Brinker 2010; Mills and Bone 2005).

Relief of joint inflammation

Consult 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

No statement required.

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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