

NATURAL HEALTH PRODUCT

DEGLYCYRRHIZINATED LICORICE

Oral

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 the terms and/or statements are synonymous. Either term or statement may be selected by the applicant on the label.

Date

January 31, 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)
Deglycyrrhizinated licorice	<ul style="list-style-type: none"> Deglycyrrhizinated licorice DGL 	<ul style="list-style-type: none"> <i>Glycyrrhiza glabra</i> <i>Glycyrrhiza inflata</i> <i>Glycyrrhiza uralensis</i> 	<ul style="list-style-type: none"> Root Root and stolon Root and rhizome Root, rhizome and stolon

References: Proper name: NHPID 2025; Common names: Pizzorno and Murray 2006; Blumenthal et al. 2000; Source information: USDA 2024; USP-NF 2024; PPRC 2020; BP 2008; Ph. Eur. 2008.

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.

In order to ensure efficacy, DGL must be mixed with saliva. Thus, the acceptable dosage forms are: Bar, chewable; Chewable gel¹; Granule²; Tablet, chewable.

¹Gummy

²To be chewed



Use(s) or Purpose(s)

- (Used in Herbal Medicine (as a demulcent) to) help(s) relieve minor inflammations of the gastrointestinal tract (Pizzorno and Murray 2006; Blumenthal et al. 2000; Bradley 1992).
- (Used in Herbal Medicine (as a demulcent) to) help(s) relieve abdominal pain and burning sensation in the stomach (Pizzorno and Murray 2006; Blumenthal et al. 2000; Bradley 1992).

Note: The above uses can be combined on the product label (e.g., Used in Herbal Medicine to help relieve minor inflammations of the gastrointestinal tract and abdominal pain and burning sensation in the stomach).

Dose(s)

Subpopulation(s)

As listed below.

Quantity(ies)

Method of preparation: Prepared and dry

Table 2. Dose information (milligrams) and frequencies for Deglycyrrhizinated licorice extract

Subpopulation(s) ^{1,2}		Deglycyrrhizinated licorice extract (mg)		
		Minimum/single dose	Maximum/single dose	Frequency/day
Children	3-4 years	63 mg	253 mg	3 times
	5-9 years	95 mg	380 mg	3 times
	10-11 years	190 mg	760 mg	3 times
Adolescents	12-14 years	190 mg	760 mg	3 times
	15-17 years	380 mg	1520 mg	3 times
Adults	18 years and older	380 mg	1520 mg	3 times

¹Children and adolescent doses were calculated as a fraction of the adult dose (JC 2023). The use of licorice in children and adolescents is supported by the following references: McIntyre 2005; Schilcher 1997; Bove 1996.

²Adult doses are supported by Pizzorno and Murray 2006.

Direction(s) for use

Chew between meals or 20 minutes before meals (Pizzorno and Murray 2006).



Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

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 finished product must not contain more than 3% of the original quantity of glycyrrhizic acid found in the source material (Bradley 1992).



EXAMPLE OF PRODUCT FACTS:

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

Product Facts
Medicinal ingredient in each chewable tablet Deglycyrrhizinated licorice (<i>Glycyrrhiza glabra</i> – root) XX mg
Uses <ul style="list-style-type: none"> • Used in Herbal Medicine to help relieve minor inflammations of the gastrointestinal tract. • Used in Herbal Medicine to help relieve abdominal pain and burning sensation in the stomach.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Ask a health care practitioner if symptoms persist or worsen.
Directions Children 3 to 11 years: • Take X chewable tablet(s), 3 times per day • Chew between meals or 20 minutes before meals. Adults, adolescents 12 years and older: • Take Y chewable tablet(s), 3 times per day • Chew between meals or 20 minutes before meals.
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.

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