



NATURAL HEALTH PRODUCT

EUROPEAN PENNYROYAL – *MENTHA PULEGIUM*

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

August 5, 2019

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)	Preparation(s)
<i>Mentha pulegium</i>	<ul style="list-style-type: none"> ▶ European pennyroyal ▶ Lurk-in-the-Ditch ▶ Mosquito plant ▶ Pennyroyal ▶ Pudding Grass ▶ Pulegium ▶ Run-by-the-Ground ▶ Squaw Balm ▶ Squawmint Tickweed 	<i>Mentha pulegium</i>	Herb top	Dried

References: Proper name: USDA 2019; Common names: McGuffin et al. 2000; Source material: 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 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)

- ▶ (Traditionally) used in Herbal Medicine to aid digestion (stomachic) (Mills and Bone 2005; Hoffman 2003; Williamson et al. 1988; BHP 1983; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine to help relieve indigestion/flatulent dyspepsia (carminative) (Mills and Bone 2005; Hoffman 2003; Williamson et al. 1988; BHP 1983).
- ▶ (Traditionally) used in Herbal Medicine to help relieve intestinal colic (anti-spasmodic) (Mills and Bone 2005; Hoffman 2003; Williamson et al. 1988; BHP 1983; Grieve 1971).

The following combined use(s) or purpose(s) is/are also acceptable:

(Traditionally) used in Herbal Medicine to help relieve indigestion/flatulent dyspepsia (carminative) and intestinal colic (anti-spasmodic) (Mills and Bone 2005; Hoffman 2003; Williamson et al. 1988; BHP 1983; Grieve 1971).

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, Fluid extract, Decoction, Infusion)

3 - 12 grams of dried herb top, per day; Not to exceed 4 grams of dried herb top per single dose (Mills and Bone 2005; Williamson et al. 1988; BHP 1983; Grieve 1971)

Method of preparation: Tincture

0.6 - 1.2 grams of dried herb top, per day (Mills and Bone 2005; Hoffman 2003)

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 have liver or kidney problems (Brinker 2000; McGuffin et al. 1997).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking acetaminophen (Brinker 2000).

Contraindication(s)

Do not use this product if you are pregnant or breastfeeding (Brinker 2010).

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.



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