

## NATURAL HEALTH PRODUCT

### FENUGREEK - *TRIGONELLA FOENUM-GRAECUM*

#### 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 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 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)	Preparation(s)
<i>Trigonella foenum-graecum</i>	<ul style="list-style-type: none"> <li>▶ Common fenugreek</li> <li>▶ Fenugreek</li> <li>▶ Greek-clover</li> <li>▶ Greek hay</li> <li>▶ Hu lu ba</li> </ul>	<i>Trigonella foenum-graecum</i>	Seed	Dried

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000; Source material: Bradley 2006, Blumenthal et al. 2000.

#### 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 help stimulate the appetite (Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000; Khory and Katrak 1999).
- ▶ (Traditionally) used in Herbal Medicine as a digestive tonic to aid digestion (Williamson et al. 1988; Mills 1985; Felter and Lloyd 1983).
- ▶ (Traditionally) used in Herbal Medicine to help relieve dyspepsia and gastritis (Bradley 2006; Blumenthal et al. 2000; Mills 1985; Grieve 1971; Wren 1907).
- ▶ Used in Herbal Medicine as a mild laxative (Bradley 2006; Williamson 2003; Mills 1993).
- ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve excess mucous of the upper respiratory passages (anticatarrhal) (Wichtl 2004; Williamson 2003; Felter and Lloyd 1983).
- ▶ (Traditionally) used in Herbal Medicine as a nutritive tonic (Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000; Khory and Katrak 1999; Grieve 1971).
- ▶ (Traditionally) used in Herbal Medicine as a galactagogue/lactagogue to help promote milk production/secretion (Bradley 2006; Mills and Bone 2005; Williamson 2002).
- ▶ (Traditionally) used in Herbal Medicine as supportive therapy for the promotion of healthy glucose levels (Bradley 2006; Mills and Bone 2005; Williamson 2002; API 2001; Al-Habori and Raman 1998; Sharma and Raghuram 1990).
- ▶ Used in Herbal Medicine to help reduce elevated blood lipid levels (hyperlipidemia) (Mills and Bone 2005; Hoffman 2003; Al-Habori and Raman 1998; Sharma and Raghuram 1990).

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

Used in Herbal Medicine to help stimulate the appetite, as a digestive tonic to aid digestion, to help relieve dyspepsia and gastritis, and as a mild laxative (Bradley 2006; Mills and Bone 2005; Blumenthal et al. 2000; Khory and Katrak 1999; Williamson et al. 1988; Mills 1985; Felter and Lloyd 1983; Grieve 1971; Wren 1907).

### 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-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

2 - 30 grams of dried seeds, per day (Bradley 2006; Mills and Bone 2005; API 2001; Blumenthal et al. 2000; Mills 1985; Felter and Lloyd 1983; Grieve 1971; Wren 1907).

**Direction(s) for use**

No statement required.

**Duration(s) of use**

No statement is 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 if you are pregnant or have diabetes (Brinker 2010; Mills et al. 2006; Mills and Bone 2005; Hoffman 2003; Blumenthal et al. 2000; McGuffin et al. 1997).

**Contraindication(s)**

No statement is 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.

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