

NATURAL HEALTH PRODUCT

FENUGREEK - *TRIGONELLA FOENUM-GRAECUM*

Topical

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.

Note

- ▶ 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"> ▶ Fenugreek ▶ Common fenugreek ▶ Greek-clover ▶ Greek hay ▶ Hu lu ba 	<i>Trigonella foenum-graecum</i>	Seed	Dried

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

Route of administration

Topical

Dosage form(s)

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 heal minor skin wounds, burns, irritations and local inflammations (Bradley 2006; Blumenthal et al. 2000; Meyer 1993; Mills 1985; Felter and Lloyd 1983; 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)

50 grams dried seed (Bradley 2006; Blumenthal et al. 2000)

Direction(s) for use

- ▶ Apply to affected area as needed
AND/OR
- ▶ Add to hot bath (Blumenthal et al. 2000).

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.

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.

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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