



NATURAL HEALTH PRODUCT
FRANKINCENSE – *BOSWELLIA SACRA*
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 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)
<i>Boswellia sacra</i>	<ul style="list-style-type: none"> ▶ Bible frankincense ▶ Frankincense ▶ Incense ▶ Olibanum ▶ Olibanum-tree ▶ Ru xiang shu 	<i>Boswellia sacra</i>	Stem bark resin

References: Proper name: USDA 2019; Common names: McGuffin et al. 2000; Source material: PPRC 2010.

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 Ayurveda as an astringent (Williamson 2002; Kapoor 2001).
- ▶ Traditionally used in Ayurveda as a diuretic (Williamson 2002; Kapoor 2001; Leung and Foster 1996).
- ▶ Traditionally used in Ayurveda to relieve nervous problems (Williamson 2002; Leung and Foster 1996).
- ▶ Used in Traditional Chinese Medicine (TCM) to promote circulation of qi (PPRC 2010; Bensky et al. 2004).
- ▶ Used in Traditional Chinese Medicine (TCM) to relieve urinary disorders (Williamson 2002; Bown 1995).
- ▶ Used in Traditional Chinese Medicine (TCM) to dispel wind-dampness (Bensky et al. 2004; Chen and Chen 2004; Tierra and Tierra 1998)

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

Used in Traditional Chinese Medicine (TCM) to promote circulation of qi and dispel wind-dampness (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004; Tierra and Tierra 1998).

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 Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

3 - 5 grams of stem bark resin, per day (PPRC 2010).

Method of preparation: Decoction

3 - 10 grams of stem bark resin, per day (Bensky et al. 2004; Chen and Chen 2004).

Direction(s) for use

No statement required.



Duration(s) of use

Consult a health care practitioner/health care provider/health care professional/doctor/physician for prolonged use.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you have digestive disorders (Bensky et al. 2004; Chen and Chen 2004).

Contraindication(s)

Do not use this product if you are pregnant or breastfeeding.

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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