



NATURAL HEALTH PRODUCT

HORSE CHESTNUT – *AESCULUS HIPPOCASTANUM*

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 either term and/or statement may be selected on the label.

Date

February 27, 2026

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)	Preparation(s)
<i>Aesculus hippocastanum</i>	<ul style="list-style-type: none"> • Common horse chestnut • Horse-chestnut 	<i>Aesculus hippocastanum</i>	Seed	Dry

References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; Source information: Bradley 2006; Blumenthal et al. 2000.

Route of administration

Oral (Bradley 2006; ESCOP 2003)

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 oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

Use(s) or Purpose(s)

- Traditionally used in Herbal Medicine to help treat haemorrhoids (Bradley 2006; Mills and



Bone 2005; Hoffmann 2003; Felter and Lloyd 1983; Grieve 1971).

- Used in Herbal Medicine to help treat chronic venous insufficiency and associated symptoms (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000).
- Used in Herbal Medicine to help treat varicose veins (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

Notes

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Herbal Medicine to help treat chronic venous insufficiency and associated symptoms and to help treat varicose veins).
- **For multi-ingredient products:**
 - To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Horse chestnut is traditionally used in Herbal Medicine to help treat haemorrhoids).
 - When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

0.3 – 5 grams of dried seed, per day (Mills and Bone 2005; Hoffmann 2003; Blumenthal et al. 2000; Grieve 1971).

***Note:** Solvents allowed for the method of preparation “Non-Standardized Extracts (Dry extract” as part of this monograph are ethanol and/or water only.

Methods of preparation: Standardized extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

50 – 150 milligrams of aescin, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

Direction(s) for use

No statement required.



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.
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if** you are pregnant or breastfeeding (Brinker 2010; Mills and Bone 2005).

Contraindication(s)

No statement required.

Known adverse reaction(s)

When using this product you may experience headache, dizziness, gastric irritation, or itchiness (Bradley 2006; Mills and Bone 2005; ESCOP 2003).

Non-medicinal ingredients

Must be chosen from the current Natural Health Product Ingredient 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 medicinal ingredient must conform to one of the following criteria:
 - i. the horse chestnut seed has been adequately processed, such that the outer capsule (pericarp) has been completely removed and discarded, to ensure that the finished product does not contain esculin or
 - ii. the horse chestnut seed complies with the specifications outlined in the *Horse Chestnut*, *Powdered Horse Chestnut*, or *Powdered Horse Chestnut Extract* Monographs published in



the US Pharmacopoeia.

EXAMPLE OF PRODUCT FACTS:

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

Product Facts
Medicinal ingredient in each capsule <i>Aesculus hippocastanum</i> (Horse chestnut) X:1 extract XX mg Equivalent to YY g of dried seed
Uses <ul style="list-style-type: none"> • Traditionally used in Herbal Medicine to help treat haemorrhoids. • Used in Herbal Medicine to help treat chronic venous insufficiency and associated symptoms. • Used in Herbal Medicine to help treat varicose veins.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Ask a health care practitioner before use if you are pregnant or breastfeeding.
When using this product you may experience headache, dizziness, gastric irritation, or itchiness.
Ask a health care practitioner if symptoms persist or worsen.
Directions
Adults 18 years and older: Take X capsule(s), X time(s) per day.
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

References cited

Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010.



ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

Gardner Z, McGuffin M, editors. American Herbal Products Association’s Botanical Safety Handbook. 2nd edition. Boca Ration (FL): Taylor and Francis Group; 2013.

Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

USDA 2024: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) – Global. U.S. National Plant Germplasm System. [Accessed 2024 May 21]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch>

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Felter HW. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1922 original].

Version History

Publication date	Update type	Summary of main updates (from Feb 2026)
2026-02-27	Minor updates	<ul style="list-style-type: none"> • Introductory notes • Addition of notes in the Uses or purposes section • Additional methods of preparation • Additional solvent information • Risk statement wording • Inclusion of the standard statement for storage conditions • Inclusion of a Product Facts Table example • Reference section • Inclusion of version history information
2018-12-18	Validation	–
2008-03-27	Initial release	–