



NATURAL HEALTH PRODUCT

HORSERADISH – *ARMORACIA RUSTICANA*

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

December 18, 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>Armoracia rusticana</i>	Horseradish	<i>Armoracia rusticana</i>	Root	<ul style="list-style-type: none"> ▶ Dried ▶ Fresh

References: Proper name: USDA 2018; Common name: McGuffin et al. 2000, Felten and Lloyd 1983; Source material: Barnes et al. 2007, Blumenthal et al. 2000, Grieve 1971, Wren 1907.

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 (Barnes et al. 2007; Blumenthal et al. 2000; Moerman 1998; Meyer 1993; Felter and Lloyd 1983; Wren 1907).
- ▶ Traditionally used in Herbal Medicine as a diuretic (Barnes et al. 2007; Blumenthal et al. 2000; Moerman 1998; 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 - 20 grams of dried or fresh root, per day (Blumenthal et al. 2000; Mills 1985; Grieve 1971; Wren 1907)

Direction(s) for use

No statement required.

Duration(s) of use

Diuretic

For occasional use only (Berardi et al. 2002; CPA 2002)

Other uses

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 are breastfeeding, have hypothyroidism, excess stomach acid or gastroesophageal reflux (Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; Mills 1985).
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking thyroid replacement medications or antacids (Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; Mills 1985).

Contraindication(s)

Do not use this product if you are pregnant, have a kidney disorder, stomach or intestinal ulcers, or stomach inflammation (Brinker 2010; Blumenthal et al. 2000; McGuffin et al. 1997).

Known adverse reaction(s)

No statement required.

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

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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