

NATURAL HEALTH PRODUCT
HYSSOP – *HYSSOPUS OFFICINALIS*

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLA) 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 July 31, 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) |
| <i>Hyssopus officinalis</i> | Hyssop | <i>Hyssopus officinalis</i> | Herb Top |

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

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 as an expectorant to help relieve excess mucous of the (upper) respiratory passages (anticatarrhal) (Williamson 2003; BHP 1983; Felter and Lloyd 1983; Grieve 1971; Wren 1907).
- ▶ Traditionally used in Herbal Medicine to help relieve flatulence/to help expel/relieve intestinal gas (carminative) (Williamson 2003; BHP 1983; Felter and Lloyd 1983; Wren 1907).
- ▶ Traditionally used in Herbal Medicine as a digestive tonic/digestive aid (stimulant) (Williamson 2003; Blumenthal 1998; Felter and Lloyd 1983; Grieve 1971; Wren 1907).

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

Traditionally used in Herbal Medicine as a digestive to help relieve intestinal gas (Williamson 2003; Blumenthal 1998; BHP 1983; Felter et 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)

3-16 grams dried herb top, per day; Not to exceed 4 grams per single dose (Bradley 2006; Williamson 2003; BHP 1983; Felter and Lloyd 1983; Grieve 1971)

Direction(s) for use

No statement required.

Duration(s) of use

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.

Contraindication(s)

Do not use this product if you are pregnant (Bradley 2006; McGuffin et al. 1997)

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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