



NATURAL HEALTH PRODUCT

JUNIPER - *JUNIPERUS COMMUNIS*

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 July 1, 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)	Preparation(s)
<i>Juniperus communis</i>	<ul style="list-style-type: none"> ▶ Common juniper ▶ Juniper 	<i>Juniperus communis</i>	Fruit	Dried

References: Proper name: USDA 2019; Common names: McGuffin et al. 2000; Source material: Bradley 2006, ESCOP 2003, Hoffmann 2003, Blumenthal et al. 2000.

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 a diuretic (ESCOP 2003; Felter and Lloyd 1983).
- ▶ Traditionally used in Herbal Medicine as a urinary tract antiseptic to help relieve benign urinary tract infections (Bradley 2006; Hoffmann 2003; Felter and Lloyd 1983).
- ▶ Traditionally used in Herbal Medicine to help relieve digestive disturbances (such as flatulent dyspepsia) (carminative) (Bradley 2006, ESCOP 2003, Hoffmann 2003, Blumenthal et al. 2000, Felter and Lloyd 1983).
- ▶ Traditionally used in Herbal Medicine to aid digestion and stimulate appetite (stomachic) (Bradley 2006, Hoffmann 2003, Grieve 1971).

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

Traditionally used in Herbal Medicine to aid digestion, stimulate appetite (stomachic) and help relieve digestive disturbances (such as flatulent dyspepsia) (carminative) (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Felter and Lloyd 1983; Grieve 1971).

Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulations(s)

Adults 18 years and older

Quantity(ies)

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

0.3 - 12 grams of dried fruit, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)

Direction(s) for use

No statement required.

Duration(s) of use

Diuretic

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



Other uses

Consult a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 4 weeks (ESCOP 2003; Brinker 2001).

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 (Mills et al. 2006).

Contraindication(s)

Do not use this product if you are pregnant or have a kidney disorder (Bradley 2006; ESCOP 2003; Hoffmann 2003; Brinker 2001).

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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- Brinker F. *Herb Contraindications and Drug Interactions*, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001.
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Robbers JE, Tyler VE. Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals. New York, NY: The Haworth Herbal Press, 1999

Sanchez de Medina F, Gamez MJ, Jimenez I, Jimenez J, Osuna JI, Zarzuelo A. Hypoglycemic activity of Juniper berries. *Planta Medica* 1994; 60: 197-200.