

NATURAL HEALTH PRODUCT

GROUND IVY – *GLECHOMA HEDERACEA*

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

October 30, 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>Glechoma hederacea</i>	Ground ivy	<i>Glechoma hederacea</i>	Herb top	Dried

References: Proper name: USDA 2018; Common name: McGuffin et al. 2000; Source material: Barnes et al. 2007, Grieve 1971.

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 (stomachic) (Barnes et al. 2007; Grieve 1971).
- ▶ Traditionally used in Herbal Medicine as an expectorant to help relieve coughs, mucous production (anticatarrhal) and bronchial afflictions (Barnes et al. 2007; Bradley 1992; Williamson et al. 1988).
- ▶ Traditionally used in Herbal Medicine as an astringent to help relieve diarrhoea (Barnes et al. 2007; Bartram 1998; Bradley 1992; Williamson et al. 1988; Grieve 1971).
- ▶ Traditionally used in Herbal Medicine as a diuretic (Barnes et al. 2007; Williamson et al. 1988; Grieve 1971).
- ▶ Traditionally used in Herbal Medicine to help relieve hemorrhoids (Barnes et al. 2007; Williamson et al. 1988).

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)

2-12 grams of dried herb tops, per day (Bradley 1992; Williamson et al. 1988; Grieve 1971)

Direction(s) for use

No statement required.

Duration(s) of use

Diuretic

For occasional use only (Berardi et al. 2002; CPhA 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 pregnant or breastfeeding (Barnes et al. 2007).

Contraindication(s)

No statement required.

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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