



## NATURAL HEALTH PRODUCT

### RESVERATROL

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

August 28, 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)	Common name(s)	Preparation(s)
<ul style="list-style-type: none"> <li>▶ (E)-5-(p-Hydroxystyryl)resorcinol</li> <li>▶ 5-[(1E)-2-(4-Hydroxyphenyl)ethenyl]-1,3-benzenediol</li> <li>▶ trans-3,4',5-Trihydroxystilbene</li> <li>▶ trans-Resveratrol</li> </ul>	Resveratrol	<i>Reynoutria japonica</i>	Root	N/A	N/A
		<i>Vitis vinifera</i>	Fruit	N/A	N/A
		N/A	N/A	Resveratrol	Synthetic

References: Proper names: PubChem 2018; O'Neil 2013, Common name: O'Neil 2013; Source materials: USDA 2018, O'Neil 2013, La Porte et al. 2010, Bertelli and Das 2009, Dani et al. 2007.

#### 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)**

(Provides) An antioxidant (Ghanim et al. 2010; Rocha et al. 2009).

### **Dose(s)**

#### **Subpopulation(s)**

Adults 18 years and older

#### **Quantity(ies)**

Not to exceed 1 gram of resveratrol, per day (Cottart et al. 2013; Brown et al. 2010; Gaby 2006).

#### **Direction(s) for use**

No statement required.

### **Duration(s) of use**

*Products providing more than 250 mg of resveratrol, per day*

Consult a health care practitioner/health care provider/health care professional/doctor/physician for prolonged use (Vang et al. 2010).

### **Risk information**

#### **Caution(s) and warning(s)**

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking prescription medications as resveratrol may alter the effectiveness of these medications (Bransyo et al. 2011; Chow et al. 2010).

### **Contraindication(s)**

No statement required.

### **Known adverse reaction(s)**

*Products providing 500 mg or more of resveratrol, per day*

May cause nausea, abdominal pain, and/or diarrhea (Brown et al. 2010; Chow et al. 2010).

### **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.

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