



NATURAL HEALTH PRODUCT
STINGING NETTLE - *URTICA DIOICA*

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 June 3, 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>Urtica dioica</i>	<ul style="list-style-type: none"> ▶ Common nettle ▶ European nettle ▶ Greater nettle ▶ Nettle ▶ Stinging nettle ▶ Yi zhu qian ma 	<i>Urtica dioica</i>	<ul style="list-style-type: none"> ▶ Herb top ▶ Root 	Dried

References: Proper name: USDA 2019; Common names: Blumenthal et al. 2000; McGuffin et al. 2000; Source materials: ESCOP 2003; 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)

Herb top

- ▶ Traditionally used in Herbal Medicine as a diuretic (Mills and Bone 2005; ESCOP 2003; Bisset and Wichtl 2001; Blumenthal et al. 2000; Tilgner 1999; Bradley 1992; Wren 1907).
- ▶ Used in Herbal Medicine as supportive therapy to help relieve rheumatic complaints (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; Bradley 1992).
- ▶ Used in Herbal Medicine as a nutritive tonic (Hoffman 2003; Tilgner 1999).
- ▶ Used in Herbal Medicine to help relieve seasonal allergy symptoms (Mills and Bone 2005; Tilgner 1999).

Root

Used in Herbal Medicine to help reduce difficulty in urination associated with the early stages of benign prostatic hyperplasia (BPH) (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).

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-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Herb top

1.2 - 18 grams of dried herb tops, per day (Mills and Bone 2005; ESCOP 2003; Hoffman 2003; Blumenthal et al. 2000; Bradley 1992)

Root

0.3 - 24 grams of dried root, per day (Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffman 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)

Risk information

Caution(s) and warning(s)

All products except nutritive tonics

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

Do not use this product if you are pregnant or breastfeeding (Barnes et al. 2007; Brinker 2001; Tilgner 1999).

Known adverse reactions

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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