

Chamomile, German - Topical

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German Chamomile - *Matricaria Chamomilla* Topical (PDF Version - 63 KB) 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 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 on the label. Date January 31, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation(s) *Matricaria chamomilla* Blue chamomile Chamomile Common chamomile German chamomile Hungarian chamomile *Matricaria* Scented chamomile Scented mayweed Sweet false chamomile True chamomile Wild chamomile *Matricaria chamomilla* Flower Dry References: Proper name: USDA 2024; Common names: USDA 2024, Gardner and McGuffin 2013; Source information: Mills and Bone 2005, ESCOP 2003, Blumenthal et al. 2000, WHO 1999, Bradley 1992. Route of Administration Topical Dosage Form(s) The following dosage forms are acceptable when used according to the requirements indicated in this monograph: Liquid; Solution; Topical liquid. Use(s) or Purpose(s) Used in Herbal Medicine to help relieve minor inflammation and/or irritation of the skin (Mills and Bone 2005; ESCOP 2003; WHO 1999; Bradley 1992). Dose(s) Subpopulation(s) Children 2-11 years, Adolescents 12-17 years, Adults 18 years and older (Bove 2001; Schilcher 1997). Quantity(ies) Method of preparation: Infusion 3 - 10% w/v dried flower infusion (3 - 10 grams of dried flower in 100 milliliters of finished liquid formulation) (Mills and Bone 2005; ESCOP 2003; Blumenthal et al. 2000; WHO 1999; Bradley 1992). Method of preparation: Fluid extract 1% v/v fluid extract (1 milliliters of fluid extract per 100 milliliters of finished liquid formulation) (ESCOP 2003; WHO 1999). Method of preparation: Tincture 5% v/v tincture (5 milliliters of tincture per 100 milliliters of finished liquid formulation) (ESCOP 2003; WHO 1999). Direction(s) for use Apply to affected area as needed. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Contraindication(s) No statement required. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (ESCOP 2003; Bradley 1992). 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 Must be established in accordance with the requirements described in the Natural Health Products Regulations. 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. Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details. References Cited Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000. Bove M. An Encyclopedia of Natural Healing for Children and Infants. New Canaan (CT): Keats Publishing, Incorporated; 1996. Bradley PR, editor. British Herbal Compendium, Volume 1. Bournemouth (GB): British Herbal Medicine Association; 1992. ESCOP 2003: European Scientific Cooperative on Phytotherapy Scientific Committee. ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2 nd edition. Exeter (GB): European Scientific Cooperative on Phytotherapy and Thieme; 2003. Exeter (GB): European Scientific Cooperative on Phytotherapy and Thieme; 2003. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. Second Edition. Boca Ration (FL): Taylor and Francis Group; 2013. Mills S, Bone K. The Essential Guide to Herbal Safety. Amsterdam (NL): Elsevier 2005. Schilcher H. Phytotherapy in Paediatrics: Handbook for Physicians and Pharmacists. Stuttgart (DE): Medpharm Scientific Publishers; 1997. 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Herbal Medicines. Amsterdam (NL): Elsevier; 2009. Barnes J, Anderson LA, Phillipson JD. Herbal Medicines, 3rd edition. Grayslake (IL): Pharmaceutical Press; 2007. Crotteau CA, Towner Wright S. What is the best treatment for infants with colic? The Journal of Family Practice 2006;55(7):634-636. Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971. [Reprint of 1931 Harcourt, Brace & Company publication]. Heck AM, DeWitt BA, Lukes AL. Potential interactions between alternative therapies and warfarin. American Journal of Health-System Pharmacy 2000;57(13):1221-1227. Hurrell RF, Reddy M, Cook JD. Inhibition of non-haem iron absorption in man by polyphenolic-containing beverages. British Journal of Nutrition 1999;81(4):289-295. IAPT 2007: International Association of Plant Taxonomy. International Code of Botanical Nomenclature (Vienna Code) adopted by the Seventeenth International Botanical Congress Vienna, Austria, July 2005. Regnum Vegetabile 146. Ruggell (Liechtenstein): A.R.G. Gantner Verlag. Last updated 10.03.2007. [Accessed 2024 February 15]. Available from: <http://ibot.sav.sk/icbn/frameset/0109AppendixIIIBNSC.htm#E.%20SPERMATOPHYTA> Jensen-Jarolim E, Reider N, Fritsch R, Breiteneder H. Fatal outcome of anaphylaxis to chamomile-containing enema during labor: A case study. Journal of Allergy and Clinical Immunology 1998;102(6 Pt 1):1041-1042. Madisch A, Holtmann G, Mayr G, Vinson B, Hotz J. Treatment of functional dyspepsia with herbal preparation. Digestion 2004;69(1):45-52. NHM 2022: The Natural History Museum, Linnaean Plant Typification Database. 2022. Matricaria chamomilla L. London (UK): The Natural History Museum. [Accessed 2024 February 15]. Available from: <https://data.nhm.ac.uk/dataset/the-linnaean-plant-name-typification-project> Pereira F, Santos R, Pereira A. Contact dermatitis from chamomile tea. Contact Dermatitis 1997;36(6):307. Ross SM. An Integrative Approach to Eczema (Atopic Dermatitis). Holistic Nursing Practice 2003;17(1):56-62. Segal R, Pilote L. Warfarin interaction with Matricaria chamomilla. Canadian Medical Association Journal 2006;174(9):1281-1282. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

RISK INFORMATION

Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Contraindication(s) No statement required. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (ESCOP 2003; Bradley 1992).

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 CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

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.

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Matricaria chamomilla	Blue chamomileChamomileCommon chamomile	Medicinal chamomileHungarian chamomile	FlowerMaternal	Scented