

Ginseng, American

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AMERICAN GINSENG - PANAX QUINQUEFOLIUS Help on accessing alternative formats, such as Portable Document Format (PDF), Microsoft Word and PowerPoint (PPT) files, can be obtained in the alternate format help section. (PDF Version - 153 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 November 29, 2024 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) Panax quinquefolius American ginseng Occidental ginseng Sang Shang Xi yang shen Panax quinquefolius Root Dry References: Proper name: USDA 2024; Common names: USDA 2024; PPRC 2020; Gardner and McGuffin 2013; Source information: PPRC 2020; Lust 1974; Wren 1956. 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 oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Used in Traditional Chinese Medicine (TCM) for deficiency of qi and yin, internal heat, cough, fire in the deficiency syndrome, dysphoria and tiredness, dry and thirsty mouth and throat (PPRC 2020). Used in Herbal Medicine as supportive therapy for the promotion of healthy (blood) glucose/sugar levels (Dascalu et al. 2007; Vuksan et al. 2000a,b,c). (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (nervine/calimative) (Bartram 1998; Ellingwood 1998). (Traditionally) used in Herbal Medicine to help relieve nervous dyspepsia/to help digestion in cases of nervousness and/or stress (Bartram 1998; Felter and Lloyd 1983; Wren 1956). Used in Herbal Medicine as an adaptogen to help maintain a healthy immune system (Upton 2012; Godfrey et al. 2010; Bartram 1998). Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress over time (e.g. in case of mental and physical fatigue related to stress) (Upton 2012; Winston and Maimes 2007). Notes The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Used in Herbal Medicine to help digestion in cases of nervousness or stress and as supportive therapy for the promotion of healthy glucose levels). For multi-ingredient products: To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., American ginseng is used in Traditional Chinese Medicine (TCM) for deficiency of qi and yin, internal heat, cough, fire in the deficiency syndrome, dysphoria and tiredness, dry and thirsty mouth and throat). When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required. Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Glucose levels; Restlessness/Nervousness; Nervous dyspepsia/Digestion Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 0.5 - 12 grams dried root, per day (Bartram 1998; Felter and Lloyd 1983; Wren 1956). *Note: Solvents allowed for the method of preparation "Non-Standardized extracts (Dry extract)" as part of this monograph are ethanol and/or water only. Adaptogen - energy and resistance to stress; Adaptogen - immune system Methods of preparation: Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 1 - 3 grams dried root, per day (Upton 2012; Winston and Maimes 2007). Adaptogen - energy and resistance to stress Methods of preparation: Non-Standardized Aqueous Extracts (Dry extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 6 - 9 grams dried root, per day; Not to exceed 3 grams per single dose (Winston and Maimes 2007). TCM Methods of preparation: Decoction, Decoction concentrate 2.4 - 9 grams dried root, per day (PPRC 2020; Bensky et al. 2004). Direction(s) for use No statement required. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) All products Ask a health

care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners or digoxin (Brinker 2010; Dasgupta et al. 2007; Elmer et al. 2007; Yuan et al. 2004). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have diabetes (Brinker 2010; Dascalu et al. 2007; Vuksan et al. 2000a,b,c). All products except Glucose levels and Adaptogen - immune system 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) 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 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 Bartram T. Bartram's Encyclopedia of Herbal Medicine. London (GB): Robinson Publishing Ltd; 1998. Bensky D, Clavey, Stöger E, Gamble A. Chinese Herbal Medicine: Materia Medica. 3rd edition. Seattle (WA): Eastland Press, Incorporated; 2004. Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010. 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RISK INFORMATION

Caution(s) and warning(s) All products Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners or digoxin (Brinker 2010; Dasgupta et al. 2007; Elmer et al. 2007; Yuan et al. 2004).Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have diabetes (Brinker 2010; Dascalu et al. 2007; Vuksan et al. 2000a,b,c). All products except Glucose levels and Adaptogen - immune system 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) 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 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)		
Panax quinquefolius	American ginsengOccidental ginsengSangShenBaXiYangshen	Panax quinquefolius	Root	Dry