

Eleuthero

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ELEUTHERO - ELEUTHEROCOCCUS SENTICOSUS (PDF Version - 95 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 April 25, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper names(s) Common names(s) Source information Source ingredient(s) Part(s) Preparation(s) Eleutherococcus senticosus Ci wu jia Eleuthero Siberian ginseng Eleutherococcus senticosus Root Dry References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; Source information: Barnes et al. 2007; Hoffmann 2003. Route of administration Oral (Bradley 2006; ESCOP 2003) 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 Herbal Medicine as a tonic to help relieve general weakness/fatigue and/or to aid during recovery (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000). Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion (Bradley 2006; ESCOP 2003; Hoffmann 2003; Mills and Bone 2000). Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 0.91 - 6 grams of dried root, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Mills and Bone 2000). *Note: Solvents allowed for the method of preparation "Non-Standardized Extracts (Dry extract)" as part of this monograph are ethanol and/or water only. Direction(s) for use No statement required. Duration(s) of use Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 4 weeks (ESCOP 2003). 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. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (Barnes et al. 2007; ESCOP 2003). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have any type of acute infection (Brinker 2010; Mills and Bone 2000). Contraindication(s) Do not use if you have high blood pressure (Gardner and McGuffin 2013; Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; Mills and Bone 2000). 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 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 Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3rd edition. London (UK): The Pharmaceutical Press; 2007. Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000. Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006. Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010. ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. 2nd edition. Boca Ration (FL): Taylor and Francis Group; 2013. Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003. Mills S, Bone K. Principles and

Practice of Phytotherapy. Toronto (ON): Churchill Livingstone; 2000. USDA 2024: United States Department of Agriculture, Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System.[Accessed 2024 August 1]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> References reviewed Asano K, Takahashi T, Miyashita M, Matsuzaka A, Muramatsu S, Kuboyama M, Kugo H, Imai J. Effect of Eleutherococcus senticosus Extract on Human Physical Working Capacity. *Planta Medica* 1986;52(3):175-177. BHP 1996: British Herbal Pharmacopoeia. Bournemouth (UK): British Herbal Medicine Association; 1996. Bohn B, Nebe CT, Birr C. Flow-cytometric studies with Eleutherococcus senticosus extract as an immunomodulatory agent. *Arzneimittelforschung* 1987;37(10):1193-1196. Cicero A, Derosa G, Brillante R, Bernardi R, Nascetti S, Gaddi A. Effects of Siberian Ginseng (Eleutherococcus senticosus maxim.) on elderly quality of life: A randomized clinical trial. *Archives of Gerontology and Geriatrics. Supplement* 2004;(9):69-73. Donovan JL, DeVane CL, Chavin KD, Taylor RM, Markowitz JS. Siberian Ginseng (Eleutherococcus senticosus effects on CYP2D6 and CYP3A4 activity in normal volunteers. *Drug Metabolism and Disposition: the biological fate of chemicals* 2003;31(5):519-522. Eschbach P, Webster M, Boyd J, McArthur P, Evetovich T. The effect of Siberian Ginseng (Eleutherococcus Senticosus) on substrate utilization and performance during prolonged cycling. *International Journal of Sport Nutrition and Exercise Metabolism* 2000;10(4):444-451. Gaffney B, Hügel H, Rich P. The effects of Eleutherococcus senticosus and Panax ginseng on steroidal hormone indices of stress and lymphocyte subset numbers in endurance athletes. *Life Sciences*. 2001;70(4):431-442. Hartz A, Bentler S, Noyes R, Hoehns J, Logemann C, Sinift Y, Butani W, Wang W, Brake K, Ernst M, Kautzman H. Randomized controlled trial of Siberian Ginseng for chronic fatigue. *Psychological Medicine* 2004;34(1):51-61. Kaloeva ZD. Effect of the glycosides of Eleutherococcus senticosus on the hemodynamic indices of children with hypotensive states. *Farmakologija i Toksikologija* 1986;49(5):73. Mills E, Dugoua J, Perri D, Koren G. Herbal Medicines in Pregnancy and Lactation: An Evidence-Based Approach. London (UK): Taylor and Francis Medical; 2006. Mills S. The Dictionary of Modern Herbalism. Wellingborough (UK): Thorsons Publishers Ltd; 1985. Szołomicki S, Samochowiec L, Wójcicki J, Drożdż M. The influence of active components of Eleutherococcus senticosus on Cellular Defence and Physical Fitness in Man. *Phytotherapy Research* 2000;14(1):30-35. Wu Y, Wang X, Li M, Campbell TC. [Effect of Ciwujia (Radix Acanthopanax senticosus) preparation on exercise performance under constant endurance load for the elderly]. *Journal of Hygiene research* 1999;27(6):421-444. [in Chinese]. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

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

DOSAGE FORM(S)

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.

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. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding (Barnes et al. 2007; ESCOP 2003). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have any type of acute infection (Brinker 2010; Mills and Bone 2000). Contraindication(s) Do not use if you have high blood pressure (Gardner and McGuffin 2013; Brinker 2010; Barnes et al. 2007; Blumenthal et al. 2000; Mills and Bone 2000). 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 CONDITION(S)

Must be established in accordance with the requirements described in theNatural 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 names(s)	Common names(s)	Source information		
Source ingredient(s)	Part(s)	Preparation(s)		
Eleutherococcus senticosus	Ci wu jiaEleutheroSiberian ginseng	Eleutherococcus senticosus	Root	Dry