

Deglycyrrhizinated licorice - Oral

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Deglycyrrhizinated Licorice Oral (PDF Version - 56 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) Deglycyrrhizinated licorice Deglycyrrhizinated licorice DGL Glycyrrhiza glabra Glycyrrhiza inflata Glycyrrhiza uralensis Root Root and stolon Root and rhizome Root, rhizome and stolon References: Proper name: NHPID 2025; Common names: Pizzorno and Murray 2006; Blumenthal et al. 2000; Source information: USDA 2024; USP-NF 2024; PPRC 2020; BP 2008; Ph. Eur. 2008. 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. In order to ensure efficacy, DGL must be mixed with saliva. Thus, the acceptable dosage forms are: Bar, chewable; Chewable gel 1 ; Granule 2 ; Tablet, chewable. 1 Gummy 2 To be chewed Use(s) or Purpose(s) (Used in Herbal Medicine (as a demulcent) to help(s) relieve minor inflammations of the gastrointestinal tract (Pizzorno and Murray 2006; Blumenthal et al. 2000; Bradley 1992). (Used in Herbal Medicine (as a demulcent) to help(s) relieve abdominal pain and burning sensation in the stomach (Pizzorno and Murray 2006; Blumenthal et al. 2000; Bradley 1992). Note: The above uses can be combined on the product label (e.g., Used in Herbal Medicine to help relieve minor inflammations of the gastrointestinal tract and abdominal pain and burning sensation in the stomach). Dose(s) Subpopulation(s) As listed below. Quantity(ies) Method of preparation: Prepared and dry Table 2. Dose information (milligrams) and frequencies for Deglycyrrhizinated licorice extract Subpopulation(s) 1,2 Deglycyrrhizinated licorice extract (mg) Minimum/single dose Maximum/single dose Frequency/day Children 3-4 years 63 mg 253 mg 3 times 5-9 years 95 mg 380 mg 3 times 10-11 years 190 mg 760 mg 3 times Adolescents 12-14 years 190 mg 760 mg 3 times 15-17 years 380 mg 1520 mg 3 times Adults 18 years and older 380 mg 1520 mg 3 times 1 Children and adolescent doses were calculated as a fraction of the adult dose (JC 2023). The use of licorice in children and adolescents is supported by the following references: McIntyre 2005; Schilcher 1997; Bove 1996. 2 Adult doses are supported by Pizzorno and Murray 2006. Direction(s) for use Chew between meals or 20 minutes before meals (Pizzorno and Murray 2006). 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) 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. The finished product must not contain more than 3% of the original quantity of glycyrrhizic acid found in the source material (Bradley 1992). 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. BP 2008: British Pharmacopoeia. British Pharmacopoeia Commission. Volume 2. London (GB): The Stationary Office; 2008. Bruneton J. Pharmacognosy, Phytochemistry, Medicinal Plants, 2nd edition. Paris (FR) Lavoisier Publishing; 1999. Das SK, Das V, Gulati AK, Singh VP. Deglycyrrhizinated liquorice in aphthous ulcers. Journal of Association of Physicians of India 1989;37(10):647. JC 2023: Justice Canada. Food and Drug Regulations. (C.01.021). Ottawa (ON): Justice Canada; 2023. [Accessed 2024 February 21] Available from:

http://laws.justice.gc.ca/eng/regulations/c.r.c.,_c._870/page-95.html#h-156 McIntyre A. Herbal Treatment of Children - Western and Ayurvedic Perspectives. Toronto (ON): Elsevier Limited; 2005. NHPID 2025: Natural Health Products Ingredients Database. Natural and Non-Prescription Health Products Directorate. [Accessed 2025 January 28]. Available from: <https://webprod.hc-sc.gc.ca/nhp-id-bdipsn/> Ph. Eur. 2008: European Pharmacopoeia Commission. European Pharmacopoeia, 6th edition, Volume 2. Strasbourg (FR): Directorate for the Quality of Medicines and HealthCare of the Council of Europe (EDQM); 2008. Pizzorno Jr JEP, Murray MT. Textbook of Natural Medicine, 3rd edition, Volume 1. StLouis (MI): Churchill Livingstone Elsevier; 2006. PPRC 2020: Pharmacopoeia of the People's Republic of China, Volume 1, English edition. Beijing (CN): The State Pharmacopoeia Commission of the People's Republic of China; 2020. Schilcher H. Phytotherapy in Paediatrics: Handbook for Physicians and Pharmacists. Stuttgart (DE): Medpharm Scientific Publishers; 1997. 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 February 21]. Available at: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> USP-NF 2024: United States Pharmacopeia and the National Formulary. Rockville (MD): The United States Pharmacopeial Convention, Inc.; 2024. References Reviewed Agarwal A, Gupta D, Yadav G, Goyal P, Singh PK, Singh U. An evaluation of the efficacy of licorice gargle for attenuating postoperative sore throat: a prospective, randomized, single blind study. Ambulatory Anesthesiology 2009;109(1):77-81. Anonymous. Treatment of duodenal ulcer with glycyrrhizic-acid-reduced liquorice. British Medical Journal 1971;3:501-503. Bardhan KD, Cumberland DC, Dixon RA, Holdsworth CD. Clinical trial of deglycyrrhizinised liquorice in gastric ulcer. Gut 1978;19:779-782. Blumenthal M. The ABC Clinical Guide to Herbs. New York (NY): Thieme; 2003. Brayfield A, Cadart C, editors. Martindale: The Complete Drug Reference. London (GB): Pharmaceutical Press; 2024. [Accessed 2024 November 21]. Available from: <https://www.medicinescomplete.com/#/browse/martindale> Brinker F. 2010. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010. Brogden RN, Speight TM, Avery GS. Deglycyrrhizinised liquorice: a report of its pharmacological properties and therapeutic efficacy in peptic ulcer. Drugs 1974;8(5):330-339. D'Imperio N, Piccari GG, Sarti F, Soffritti M, Spongano P, Benvenuti C, Dal Monte PR. Double-blind trial in duodenal and gastric ulcers: Cimetidine and deglycyrrhizinized liquorice. Acta Gastro-Enterologica Belgica 1978;41:427-434. Doll R, Langman MJS, Shawdon HH. Treatment of gastric ulcer with carbenoxolone: antagonistic effect of spironolactone. Gut 1968(9):42-45. Engqvist A, von Feilitzen F, Pyk E, Reichard H. Double-blind trial of deglycyrrhizinized liquorice in gastric ulcer. Gut 1973;14(9):711-715. Feldman H, Gilat T. A trial of deglycyrrhizinized liquorice in the treatment of duodenal ulcer. Gut 1971;12(6):449-451. Goldman L, Ausiello D, editors. CECIL Textbook of Medicine, 22nd edition, Volume 1. Philadelphia (PA), Elsevier Inc; 2004. Kassir ZA. Endoscopic controlled trial of four drug regimens in the treatment of chronic duodenal ulceration. Irish Medical Journal 1985;78:153-156. Larkworthy W, Holgate PF. Deglycyrrhizinized liquorice in the treatment of chronic duodenal ulcer. A retrospective endoscopic survey of 32 patients. Practitioner 1975;215(1290):787-792. Martin MD, Sherman J, van der Ven P, Burgess J. A controlled trial of a dissolving oral patch concerning glycyrrhiza (licorice) herbal extract for the treatment of aphthous ulcers. General Dentistry 2008;56(2):206-210: quiz 211-2, 224. Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Churchill Livingstone; 2005. Morgan AG, Pacsoo C, McAdam WAF. Maintenance therapy: a two year comparison between Caved-S and cimetidine treatment in the prevention of symptomatic gastric ulcer recurrence. Gut 1985;26:599-602. Rääkkönen K, Pesonen A-K, Heinonen K, Lahti J, Komsa N, Eriksson JG, Seckl JR, Järvenpää A-L, Strandberg TE. Maternal licorice consumption and detrimental cognitive and psychiatric outcomes in children. American Journal of Epidemiology 2009;170(9):1137-1146. Strandberg TE, Andersson S, Järvenpää AL, McKeigue PM. Preterm birth and licorice consumption during pregnancy. American Journal of Epidemiology 2002;156(9):803-805. Tewari SN, Trembalowicz FC. Some experience with deglycyrrhizinized liquorice in the treatment of gastric and duodenal ulcers with special reference to its spasmolytic effect. Gut 1968;9:48-51. 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.

DOSAGE FORM(S)

In order to ensure efficacy, DGL must be mixed with saliva. Thus, the acceptable dosage forms are: Bar, chewable; Chewable gel¹; Granule²; Tablet, chewable. 1Gummy 2To be chewed

DOSE(S)

2Adult doses are supported by Pizzorno and Murray 2006. Direction(s) for use Chew between meals or 20 minutes before meals (Pizzorno and Murray 2006).

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) 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. The finished product must not contain more than 3% of the original quantity of glycyrrhizic acid found in the source material (Bradley 1992).

Common name(s)	Common name(s)	Source information	
Medicinal ingredient(s)	Part(s)		
Licorice root, deglycyrrhized licorice	Deglycyrrhized licoriceDGL	Glycyrrhiza glabraGlycyrrhiza inflataGlycyrrhiza plicataGlycyrrhiza lehrmanniiGlycyrrhiza uralensis	Root, stolon and stolonRoot and stolonRoot and stolonRoot and stolon

Subpopulation(s) ^{1,2}	Deglycyrrhized licorice extract (mg)			
Minimum/single dose	Maximum/single dose	Frequency/day		
Children	3-4 years	63 mg	253 mg	3 times
5-9 years	95 mg	380 mg	3 times	
10-11 years	190 mg	760 mg	3 times	
Adolescents	12-14 years	190 mg	760 mg	3 times
15-17 years	380 mg	1520 mg	3 times	
Adults	18 years and older	380 mg	1520 mg	3 times