

# Dong quai - *Angelica sinensis*

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DONG QUAI - ANGELICA SINENSIS 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 - 61 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 Products making any Traditional Chinese Medicine (TCM) claim must be prepared according to the most recent version of the Chinese Pharmacopoeia (e.g. identification criteria, processing methods, methods of preparation). 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 July 26, 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 *Angelica sinensis* Chinese *Angelica* Dang quai Dong gui Dong quai Tang-kuei *Angelica sinensis* Root Dry References: Proper name: USDA 2023; Gardner and McGuffin 2013; Common names: USDA 2023; NS 2021; PPRC 2020; Gardner and McGuffin 2013; derMarderosian and Beutler 2010; Bensky et al. 2004; Chen and Chen 2004; Source information: PPRC 2020; Bensky et al. 2004; Chen and Chen 2004. 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) to invigorate and tonify the blood (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). Used in Traditional Chinese Medicine (TCM) to harmonize the blood (Bensky et al. 2004). Notes 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. Dong quai is used in Traditional Chinese medicine to invigorate and tonify the blood). 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) Methods or preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract\*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 4.5 - 15 grams of dried root, per day (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). Notes The root may also be 'prepared' as per the specific TCM methods of preparation for Dong quai root described in TCM reference texts (e.g. dry-fried; stir-baked or dry-fried with wine/grain based liquor/vinegar; charred; etc.) (PPRC 2020; Bensky et al. 2004; Chen and Chen 2004). \*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 healthcare practitioner/health care provider/health care professional/doctor/physician for use beyond 6 months (Hirata et al. 1997). Risk Information Caution(s) and warning(s) Ask a healthcare practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding (NS 2021). Ask a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking any medications including blood thinners, birth control pills or hormone therapy (NS 2021; Brinker 2010; WHO 2002). Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have serious or major conditions, any type of acute infection, deficiency or excess (HC 2022). When using this product avoid exposure to the sun (NS 2021; Thorne 2004). Contraindication(s) Do not use if you are pregnant (NS 2021; WHO 2002). Do not use if you have diarrhea, hemorrhagic diseases or heavy periods (NS 2021, Bensky et al. 2004; Chen and Chen 2004; WHO 2002). Known adverse reaction(s) Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen, or if new symptoms develop such as breast pain or any changes in menstrual cycles (Brinker 2010; Schumacher et al. 2007; Thorne 2004;

Russell et al. 2002). 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. Note that if the ingredient is prepared according to the most recent version of the Chinese Pharmacopoeia, the quality requirements must meet or exceed those described in the NNHPD Quality Guidance. 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 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. Chen JK, Chen TT. Chinese Medical Herbology and Pharmacology. Crampton L, editor. City of Industry (CA): Art of Medicine Press Inc.; 2004. derMarderosian A, Beutler JA, editors. The Review of Natural Products. 6th edition, Missouri (MO): Wolters Kluwer Health; 2010. Gardner Z. and McGuffin M. editors. American Herbal Products Association's Botanical Safety Handbook, 2nd edition. American Herbal Products Association. Boca Raton (FL): CRC Press; 2013. HC 2022: Health Canada. Traditional Chinese Medicine Ingredients monograph. [Accessed 2024 July 10]. Available from: <https://webprod.hc-sc.gc.ca/nhp-id-bdipsn/atReq?atid=tcmm=eng> Hirata JD, Swiersz LM, Zell B, Small R, Ettinger B. Does dong quai have estrogenic effects in postmenopausal women? A double-blind, placebo-controlled trial. Fertility and Sterility 1997;68(6):981-986. NS 2021: Natural Standard. Dong quai (*Angelica sinensis* [Oliv.] Diels). [Accessed 2023 December 31]. Available from: <https://naturalmedicines.therapeuticresearch.com/databases/food,-herbs-supplements/professional.aspx?productid=936> PPRC 2020: Pharmacopoeia of the People's Republic of China 2020. English Edition. Compiled by The State Pharmacopoeia Commission of the P.R. China. Beijing (CN): China Medical Science Press; 2020. Russell L, Hicks GS, Low AK, Shepherd JM, Brown CA. Phytoestrogens: a viable option? The American Journal of the Medical Sciences 2002;324(4):185-188. Schumacher M, Guennoun R, Ghomari A, Massaad C, Robert F, El-Etr M, Akwa Y, Rajkowski K, and Baulieu E. Novel perspectives for progesterone in Hormone Replacement Therapy, with special reference to the nervous system. Endocrine Reviews 2007;28:387-439. Thorne 2004: Thorne Research Inc. Monograph *Angelica sinensis* (Dong quai). Alternative Medicine Review 2004;9(4):429-433. USDA 2023: USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). - Global. U.S. National Plant Germplasm System. [Accessed 2023 December 27]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> WHO 2002: World Health Organization Monographs on Selected Medicinal Plants - Volume 2. Geneva (CH): World Health Organization; 2002. References Reviewed Chandler F, editor. Herbs: Everyday Reference for Health Professionals. Ottawa (ON): Canadian Pharmacists Association and the Canadian Medical Association; 2000. Cotran RS, Kumar V, Collins T. Pathologic Basis of Disease. 6th edition. Philadelphia (PA): W.B. Saunders Company; 1999. Dr. Duke's Phytochemical and Ethnobotanical Databases. *Angelica sinensis*. [Accessed 2023 December 31]. Available from: <http://www.ars-grin.gov/duke>. European Commission. HEALTH & CONSUMER PROTECTION DIRECTORATE- GENERAL Directorate C - Scientific Opinions, C2 - Management of scientific committees; scientific co-operation and networks, Scientific Committee on Food. SCF/CS/FLAV/ FLAVOUR/30 Final 9 April 2003. Opinion of the Scientific Committee on Food on Isosafrole (expressed on 4 April 2003). [Accessed 2023 December 31]. Available from: [http://ec.europa.eu/food/fs/sc/scf/out188\\_en.pdf](http://ec.europa.eu/food/fs/sc/scf/out188_en.pdf) Upton R. Dong quai. In: Coates PM, Betz JM, Blackman MR, Cragg GM, Levine M, Moss J, White JD, editors. Encyclopedia of Dietary Supplements. 2nd edition. New York (NY): Informa Healthcare; 2010. p. 208-216. Wu SJ, Ng LT, Lin CC. Antioxidant activities of some common ingredients of traditional chinese medicine, *Angelica sinensis*, *Lycium barbarum* and *Poria cocos*. Phytotherapy Research 2004;18(12):1008-1012. Report a problem on this page

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## 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 healthcare practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding (NS 2021).Ask a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are taking any medications including blood thinners, birth control pills or hormone therapy (NS 2021; Brinker 2010; WHO 2002).Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have serious or major conditions, any type of acute infection, deficiency or excess (HC 2022).When using this product avoid exposure to the sun (NS 2021; Thorne 2004). Contraindication(s) Do not use if you are pregnant (NS 2021; WHO 2002).Do not use if you have diarrhea, hemorrhagic diseases or heavy periods (NS 2021, Bensky et al. 2004; Chen and Chen 2004; WHO 2002). Known adverse reaction(s) Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen, or if new symptoms develop such as breast pain or any changes in menstrual cycles (Brinker 2010; Schumacher et al. 2007; Thorne 2004; Russell et al. 2002).

## 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 theNatural Health Products Regulations.

## 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. Note that if the ingredient is prepared according to the most recent version of the Chinese Pharmacopoeia, the quality requirements must meet or exceed those described in the NNHPD Quality Guidance.The medicinal ingredient must comply with the requirements outlined in the NHPID. EXAMPLE OF PRODUCT FACTS:

## REFERENCES

Route of Administration Oral

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation		
Angelica sinensis	Chinese AngelicaDang quaiDang quiDong guoDong quaiTeng kuei		Root	Dry