Blueberry

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Blueberry (PDF Version - 51.3 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) Vaccinium angustifolium Blueberry Late sweet blueberry Lowbush blueberry Low sweet blueberry Sweethurts Upland lowbush blueberry Vaccinium angustifolium Fruit Fresh Dry Vaccinium corymbosum American blueberry Blueberry Highbush blueberry Swamp blueberry Vaccinium corymbosum Vaccinium pallidum Blueberry Hillside lowbush blueberry Vaccinium pallidum References: Proper names: USDA 2024a,b,c; Common names: USDA 2024a,b,c; Source information: USDA 2024a,b,c. 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) Source of antioxidants/Provides antioxidants (Serafini et al. 2009; Kolosova et al. 2004). Source of antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effect of/the oxidative damage caused by/cell damage caused by) free radicals (Serafini et al. 2009; Kolosova et al. 2004). 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) Not to exceed 20 grams of dried fruit, per day (CNF 2025; McAnulty et al. 2004). Not to exceed 150 grams of fresh fruit, per day (CNF 2025; McAnulty et al. 2004). Methods of preparation: Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) Extracts providing up to 40 % Anthocyanins and not to exceed 195 milligrams Anthocyanins, per day and a Quantity crude equivalent of 20 grams of dried fruit or 150 grams of fresh fruit, per day (CNF 2025; McAnulty et al. 2004; Prior et al. 1998). Direction(s) for use No statement required. Combination rules The medicinal ingredients in Table 1 can be combined if the total quantity of dried fruits does not exceed 20 g or if the total quantity of fresh fruits does not exceed 150 g. Dried and fresh fruits cannot be combined as part of this monograph. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) Products providing 5 grams or more of total dried fruit, per day; Products providing 37.5 grams or more of total fresh fruit, per day; Products providing 5 grams or more of total dried and fresh fruit, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (ASHP 2005; Franco et al. 2004; IOM 2001; Hansten et al. 1997). 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 ASHP 2005: American Society of Health-System Pharmacists. American Hospital Formulary Service (AHFS) Drug Information. Philadelphia (PA): Lippincott Williams and Wilkins; 2005. CNF 2025: Canadian Nutrient File (CNF), Food and Nutrition, Health Canada. [Accessed 2025 January 3]. Available from: https://food-nutrition.canada.ca/cnf-fce/?lang=eng Franco V, Polanczyk CA, Clausell N, Rohde LE. Role of dietary vitamin K intake in chronic oral anticoagulation: prospective evidence from observational and randomized protocols. The American Journal of Medicine 2004;166(10):651-656. Hansten PD, Horn JR, editors. Drug Interactions Analysis and Management. Vancouver (WA): Applied Therapeutics Inc.; 1997. IOM 2001: Institute of Medicine. Panel on Micronutrients,

Subcommittees on Upper Reference Levels of Nutrients and Interpretation and Uses of Dietary Reference Intakes, and the Standing Committee on the Scientific Evaluation of Dietary Reference Intakes, Food and Nutrition Board, Institute of Medicine. Dietary Reference Intakes for Vitamin A, Vitamin K, Arsenic, Boron, Chromium, Copper, Iodine, Iron, Manganese, Molybdenum, Nickel, Silicon, Vanadium, and Zinc. Washington (DC): National Academies Press; 2001. Kolosova, NG, Lebedev PA, Dikalova AE. Comparison of antioxidants in the ability to prevent cataract in prematurely aging OXYS rats. Bulletin of experimental biology and medicine 2004;3:249-251. McAnulty SR, McAnulty LS, Nieman DC, Dumke CL, Morrow JD, Utter AC, Henson DA, Proulx WR, George GL. Consumption of blueberry polyphenols reduces exercise induced oxidative stress compared to vitamin C. Nutrition Research 2004;24:209-221. Prior RL, Cao, G, Martin A, Sofic , McEwen J, O'Brien C, Lischner N, Ehlenfeldt M, Kalt W, Krewer G, Mainland CM. Antioxidant Capacity As Influenced by Total Phenolic and Anthocyanin Content, Maturity, and Variety of Vaccinium Species. Journal of Agricultural and Food Chemistry 1998;46(7):2686-2693. Serafini M, Testa MF, Villano D, Pecorari M, van Wieren K, Azzini E, Brambilla A, Maiani G. Antioxidant activity of blueberry fruit is impaired by association with milk. Free Radical Biology & Medicine 2009;46:769-774. USDA 2024a: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System. Vaccinium corymbosum (L) . [Accessed 2024 February 13]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch USDA 2024b: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System. Vaccinium pallidum Aiton. [Accessed 2024 February 13]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch USDA 2024c: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System. Vaccinium angustifolium Aiton. [Accessed 2024 February 13]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch References Reviewed Blumenthal M. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Austin (TX): American Botanical Council in cooperation with Integrative Medicine Communications; 1998. Bove M. An Encyclopedia of Natural Healing for Children and Infants. 2 nd edition. New York (NY): McGraw-Hill Publishing, Incorporated; 2001. 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. Herb Contraindications and Drug Interactions, 4 th edition. Sandy (OR): Eclectic Medical Publications; 2010. Heinonen I, Meyer A, Frankel E. Antioxidant Activity of Berry Phenolics on Human Low- Density Lipoprotein and Liposome Oxidation. Journal of Agricultural and Food Chemistry 1998;46(10):4107-4112 Pizzorno JE, Murray MT, editors. Textbook of Natural Medicine. Third edition, volume 1. St. Louis (MI): Churchill Livingstone Elsevier; 2006. RSC 2023: Royal Society of Chemistry: The Merck Index Online [Accessed 2024 February 13]. Available from: https://merckindex.rsc.org/ Schilcher H. Phytotherapy in Paediatrics: Handbook for Physicians and Pharmacists: With reference to Commission E Monographs of the Federal Department of Health in Germany. Includes 100 Commission E monographs and 15 ESCOP Monographs. Stuttgart (DE): Medpharm Scientific Publishers; 1997. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Dried and fresh fruits cannot be combined as part of this monograph.

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) Products providing 5 grams or more of total dried fruit, per day; Products providing 37.5 grams or more of total fresh fruit, per day; Products providing 5 grams or more of total dried and fresh fruit, per day Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are taking blood thinners (ASHP 2005; Franco et al. 2004; IOM 2001; Hansten et al. 1997). 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 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 name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Vaccinium angustifolium	BlueberryLate sweet blueberryLowbush blueberryLow sweet blueberry	Vaccinium angustifolium	Fluid	Fresh Berry
Vaccinium corymbosum	American blueberryBlueberryHighbush blueberry	Vaccinium corymbosum		
Vaccinium pallidum	BlueberryHillside lowbush blueberry	Vaccinium pallidum		