

# Catnip

Source: [https://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq?atid=catnip\(=eng](https://webprod.hc-sc.gc.ca/nhpid-bdipsn/atReq?atid=catnip(=eng)

Extracted: 2025-08-26T06:31:31.885744

CATNIP - NEPETA CATARIA 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 - 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 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 December 17, 2021 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) *Nepeta cataria* Catmint Catnep Catnip Catswort Field balm *Nepeta cataria* Herb top Dry References: Proper name: USDA 2019; Common names: McGuffin et al. 2000; Source information: Hoffmann 2003, BHP 1983. 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) (Traditionally) used in Herbal Medicine to help relieve digestive spasms (antispasmodic) and indigestion/flatulent dyspepsia (carminative) (Hoffmann 2003; BHP 1983; Felter and Lloyd 1983; Grieve 1971). (Traditionally) used in Herbal Medicine to help relieve feverish conditions by inducing sweating (diaphoretic) (Hoffmann 2003; Felter and Lloyd 1983). (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (nervine/calimative) (Hoffmann 2003; Williamson 2003; BHP 1983; Grieve 1971). (Traditionally) used in Herbal Medicine (as an astringent) to help relieve diarrhoea (Hoffmann 2003; Williamson 2003; Moerman 1998; Mills 1985; BHP 1983). Note Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda". Dose(s) Subpopulation(s) Adults 18 years or older Quantity(ies) Methods of preparation: Dry, Powder, Non-Standardized Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 1.2 - 12 grams of dried herb top, per day (Hoffmann 2003; Williamson 2003; Mills 1985; BHP 1983). Direction(s) for use No statement required. Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding. Contraindication(s) Do not use this product if you are pregnant (Brinker 2001; McGuffin et al. 1997). 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 (NHPR). 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. References Cited BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. Brinker F. Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001. Felter HW, Lloyd JU. King's American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original]. Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication]. Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003. McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997. McGuffin M, Kartsz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000. Mills S. The Dictionary of Modern Herbalism. Wellingborough (UK): Thorsons Publishers Ltd; 1985. Moerman DE. Native American Ethnobotany. Portland (OR): Timber Press; 1998. USDA 2019: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Nepeta cataria* L. National

Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2019 July 10]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysimple.aspx> Williamson EM. Potter's Herbal Cyclopaedia: The Authoritative Reference work on Plants with a Known Medical Use. Saffron Walden (UK): The C.W. Daniel Company Limited; 2003. Références consultées Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988. Wren RC. Potter's Cyclopaedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907. 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. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations(NHPR).

## **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) Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are breastfeeding. Contraindication(s) Do not use this product if you are pregnant (Brinker 2001; McGuffin et al. 1997). 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(NHPR).

## **STORAGE CONDITION(S)**

Must be established in accordance with the requirements described in the Natural Health Products Regulations(NHPR).

## **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.

## REFERENCES

Route of Administration Oral

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Nepeta cataria	CatmintCatnepCatnipCatswortField balm	Nepeta cataria	Herb top	Dry