

Flower Essences

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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 ingredients. Notes By submitting a PLA referencing this monograph, the applicant is attesting that the product will comply fully with the recommended conditions of use outlined in this monograph. The conditions of use include methods of preparations, source materials, doses, durations of use, combinations of medicinal ingredients, and risk statements. 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 the statements are synonymous. Either term or statement may be selected by the applicant on the label. The use of the web-based PLA is not possible where reference is made to this monograph. Please use the PDF format available at: https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp/mps/alt_formats/pdf/prodnatur/applications/licen-prod/form/form_pl-dlmm-eng.pdf This monograph cannot be combined with any other monograph at Class II. Date January 10, 2025 Proper name(s), Common name(s), Source information Table 1. Products may contain one or more of the following ingredients Proper name(s) Common name(s) Source material - part(s)

Aesculus carnea Red Horse chestnut Twigs with flowering pyramids and young leaves. Aesculus hippocastanum Horse chestnut Buds and twigs Aesculus hippocastanum Horse chestnut Flowers Agrimonia eupatoria Agrimony Flower Aqua petra Rock water Well or spring water Bromus ramosus Wild oat Flowering spikelets Calluna vulgaris Heather Flowering sprays and leaves Carpinus betulus Hornbeam Young twigs with leaves, and flowers Castanea sativa Sweet chestnut Young twigs with leaves, and flowers Centaurium umbellatum Centaury Flower Ceratostigma willmottianum Cerato Flower Cichorium intybus Chicory Flower Clematis vitalba Clematis Flower Fagus sylvatica Beech Flower Gentianella amarella Gentian Flower Helianthemum nummularium Rock rose Flower Hottonia palustris Water violet Flower Ilex aquifolium Holly Flowering twigs Impatiens glandulifera Impatiens Flower Juglans regia Walnut Young shoots, leaves and flowers Larix decidua Larch Twigs with the young green leaf-tufts, and flowers Lonicera caprifolium Honeysuckle Flowering clusters with stalk and leaves Malus pumila Crab apple Leaves and flower clusters Mimulus guttatus Mimulus Flower Olea europaea Olive Flower clusters Ornithogalum umbellatum Star of Bethlehem Flowering clusters Pinus sylvestris Pine Young shoots with flowers Populus tremula Aspen Catkins Prunus cerasifera Cherry plum Flowering twigs Quercus robur Oak Catkins Rosa canina Wild rose/Dog rose Flowers and leaves Salix vitellina Willow Catkins Scleranthus annuus Scleranthus Flowering stems and leaves Sinapis arvensis Mustard Flower-heads and seed pods Ulex europaeus Gorse Flowers Ulmus procera Elm Twigs with flower clusters Verbena officinalis Vervain Flower Vitis vinifera Vine Flowering clusters Route(s) of administration Oral Topical Dosage form(s) This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document. Acceptable oral dosage forms: granule, liquid, lozenge, spray. Acceptable topical dosage forms: cream, liquid, ointment. Use(s) or Purpose(s) Flower Essence preparation/remedy/medicine. Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) The dilution for each medicinal ingredient must be equivalent to 5X. Method(s) of preparation The method of preparation must be one of the following: BHP 1 Method Br 9 BHP 1 Method Br 10 1 Note: British Homeopathic Pharmacopoeia. Direction(s) for use Oral Granule Take 5 granules, 2 times per day, before lunch and evening meal or as directed by a health care practitioner/health care provider/health care professional/doctor/physician. Liquid Take 2 drops , 1 time per day or as directed by a health care practitioner/health care provider/health care professional/doctor/physician. Optional: Add drops in water and sip throughout the day. Lozenge Take 1 or 2 lozenge(s), 3 times per day or as directed by a health care practitioner/health care provider/health care professional/doctor/physician. Spray Take 1 spray, 1 time per day or as directed by a health care practitioner/health care provider/health care professional/doctor/physician. Optional: Add 1 spray in water and sip throughout the day. Topical Cream, liquid, ointment Clean affected area and then apply or as directed by a health care practitioner/health care provider/health care professional/doctor/physician. Cover with a bandage if necessary. 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 before use if you are pregnant or breastfeeding. 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. Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details. References cited BHomP 2024: British Homoeopathic Pharmacopoeia, 11th edition. London (GB): British Association of Homoeopathic Manufacturers, 2024. The most current version applies. References reviewed Bach E. The Twelve Healers and Other Remedies. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1999. Ramsell J. Questions and Answers: Explaining the Basic Principles and Standards of The Bach Flower Remedies. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1996. Scheffer M. Bach Flower Therapy: Theory and Practice. Rochester (VT): Healing Arts Press, 1998. Weeks N, Bullen V. The Bach Flower Remedies: Illustrations and Preparations. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1998. Wheeler FJ. The Bach Remedies Repertory. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1996. Report a problem on this page Date modified: 2019-03-01

MEDICINAL INGREDIENT(S)

Notes By submitting aPLAreferencing this monograph, the applicant is attesting that the product will comply fully with the recommended conditions of use outlined in this monograph. The conditions of use include methods of preparations, source materials, doses, durations of use, combinations of medicinal ingredients, and risk statements.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 the statements are synonymous. Either term or statement may be selected by the applicant on the label.The use of the web-based PLA is not possible where reference is made to this monograph. Please use the PDF format available at:https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/pdf/prodnatur/applications/licen-prod/form/form_pl-dlmm-eng.pdfThis monograph cannot be combined with any other monograph at Class II. Date January 10, 2025 Proper name(s), Common name(s), Source information Table 1.Products may contain one or more of the following ingredientsProper name(s)Common name(s)Source material - part(s)Aesculus carneaRed Horse chestnutTwigs with flowering pyramids and young leaves.Aesculus hippocastanumHorse chestnutBuds and twigsAesculus hippocastanumHorse chestnutFlowersAgrimonia eupatoriaAgrimonyFlowerAqua petraRock waterWell or spring waterBromus ramosusWild oatFlowering spikeletsCalluna vulgarisHeatherFlowering sprays and leavesCarpinus betulusHornbeamYoung twigs with leaves, and flowersCastanea sativaSweet chestnutYoung twigs with leaves, and flowersCentaurium umbellatumCentauryFlowerCeratostigma willmottianumCeratoFlowerCichorium intybusChicoryFlowerClematis vitalbaClematisFlowerFagus sylvaticaBeechFlowerGentianella amarellaGentianFlowerHelianthemum nummulariumRock roseFlowerHottonia palustrisWater violetFlowerIlex aquifoliumHollyFlowering twigsImpatiens glanduliferaImpatiensFlowerJuglans regiaWalnutYoung shoots, leaves and flowersLarix deciduaLarchTwigs with the young green leaf-tufts, and flowersLonicera caprifoliumHoneysuckleFlowering clusters with stalk and leavesMalus pumilaCrab appleLeaves and flower clustersMimulus guttatusMimulusFlowerOlea europaeaOliveFlower clustersOrnithogalum umbellatumStar of BethlehemFlowering clustersPinus sylvestrisPineYoung shoots with flowersPopulus tremulaAspenCatkinsPrunus cerasiferaCherry plumFlowering twigsQuercus roburOakCatkinsRosa caninaWild rose/Dog roseFlowers and leavesSalix vitellinaWillowCatkinsScleranthus annuusScleranthusFlowering stems and leavesSinapis arvensisMustardFlower-heads and seed podsUlex europaeusGorseFlowersUlmus proceraElmTwigs with flower clustersVerbena officinalisVervainFlowerVitis viniferaVineFlowering clusters

DOSAGE FORM(S)

Acceptable oral dosage forms: granule, liquid, lozenge, spray. Acceptable topical dosage forms: cream, liquid, ointment.

DOSE(S)

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 the statements are synonymous. Either term or statement may be selected by the applicant on the label. The use of the web-based PLA is not possible where reference is made to this monograph. Please use the PDF format available at: https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/dhp-mps/alt_formats/pdf/prodnatur/applications/licen-prod/form/form_pl-dlmm-eng.pdf This monograph cannot be combined with any other monograph at Class II.

RISK INFORMATION

Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. 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.

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. Example of Product Facts: Consult the Guidance Document, Labelling of Natural Health Products for more details.

REFERENCES

BHomP 2024: British Homoeopathic Pharmacopoeia, 11th edition. London (GB): British Association of Homoeopathic Manufacturers, 2024. The most current version applies. References reviewed Bach E. The

Twelve Healers and Other Remedies. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1999. Ramsell J. Questions and Answers: Explaining the Basic Principles and Standards of The Bach Flower Remedies. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1996. Scheffer M. Bach Flower Therapy: Theory and Practice. Rochester (VT): Healing Arts Press, 1998. Weeks N, Bullen V. The Bach Flower Remedies: Illustrations and Preparations. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1998. Wheeler FJ. The Bach Remedies Repertory. Saffron Walden (GB): The C.W. Daniel Company Ltd, 1996.

Proper name(s)	Common name(s)	Source material - part(s)
Aesculus carnea	Red Horse chestnut	Twigs with flowering pyramids and young leaves.
Aesculus hippocastanum	Horse chestnut	Buds and twigs
Aesculus hippocastanum	Horse chestnut	Flowers
Agrimonia eupatoria	Agrimony	Flower
Aqua petra	Rock water	Well or spring water
Bromus ramosus	Wild oat	Flowering spikelets
Calluna vulgaris	Heather	Flowering sprays and leaves
Carpinus betulus	Hornbeam	Young twigs with leaves, and flowers
Castanea sativa	Sweet chestnut	Young twigs with leaves, and flowers
Centaureum umbellatum	Centaury	Flower
Ceratostigma willmottianum	Cerato	Flower
Cichorium intybus	Chicory	Flower
Clematis vitalba	Clematis	Flower
Fagus sylvatica	Beech	Flower
Gentianella amarella	Gentian	Flower
Helianthemum nummularium	Rock rose	Flower
Hottonia palustris	Water violet	Flower
Ilex aquifolium	Holly	Flowering twigs
Impatiens glandulifera	Impatiens	Flower
Juglans regia	Walnut	Young shoots, leaves and flowers
Larix decidua	Larch	Twigs with the young green leaf-tufts, and flowers
Lonicera caprifolium	Honeysuckle	Flowering clusters with stalk and leaves
Malus pumila	Crab apple	Leaves and flower clusters
Mimulus guttatus	Mimulus	Flower
Olea europaea	Olive	Flower clusters
Ornithogalum umbellatum	Star of Bethlehem	Flowering clusters
Pinus sylvestris	Pine	Young shoots with flowers
Populus tremula	Aspen	Catkins
Prunus cerasifera	Cherry plum	Flowering twigs
Quercus robur	Oak	Catkins
Rosa canina	Wild rose/Dog rose	Flowers and leaves

Salix vitellina	Willow	Catkins
Scleranthus annuus	Scleranthus	Flowering stems and leaves
Sinapis arvensis	Mustard	Flower-heads and seed pods
Ulex europaeus	Gorse	Flowers
Ulmus procera	Elm	Twigs with flower clusters
Verbena officinalis	Vervain	Flower
Vitis vinifera	Vine	Flowering clusters