Thyme - Topical

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THYME - THYMUS VULGARIS - Topical 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 - 48 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 February 28, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Source material(s) Common name(s) Source information Proper name(s) Part(s) Preparation(s) Thymus vulgaris Common thyme Conehead thyme English thyme French thyme Garden thyme Thyme Thymus vulgaris Flowering herb top Leaf Dry References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; Wiersma and Léon 1999; Source information: Hoffmann 2003; Blumenthal et al. 2000; WHO 1999. Route of Administration Topical (Mills and Bone 2005; Blumenthal et al. 2000) Dosage Form(s) Acceptable dosage forms when used according to the requirements indicated in this monograph: Cream; Gel; Liquid; Ointment; Paste; Salve; Solution; Topical liquid; Wipe. Use(s) or Purpose(s) (Traditionally) used in Herbal Medicine to help heal minor wounds (such as cuts and abrasions) (Bradley 2006; McIntyre 2005; Hoffmann 2003; Blumenthal et al. 2000; Bove 1996). 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., Thyme is traditionally used in Herbal Medicine to help heal minor wounds such as cuts and abrasions). 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) Children 1-11 years, Adolescents 12-17 years, Adults 18 years and older (McIntyre 2005; Bove 1996) Quantity(ies) Notes: On the PLA form, quantities can be expressed as percentage weight by weight (% w/w), percentage weight by volume (% w/v) or percentage volume by volume (% v/v), depending on the product formulation. On the product label, quantities can also be expressed in other equivalent concentration units (e.g. mg/mL). For wipes, the information in this section applies to the liquid with which wipes are saturated. Methods of preparation: Dry, Powdered, Fluid Extract 5% dried leaf and/or flowering herb tops or dried leaf and/or flowering herb tops extract preparation in the finished product (Mills and Bone 2005; Blumenthal 2000). Note: For fluid extracts, the extract ratio must be 1:1 and the solvent must be ethanol or a mix of ethanol and water. Methods of preparation: Non-Standardized Liquid Extracts (Decoction, Decoction concentrate, Infusion, Infusion concentrate, Tincture) 10 - 100% of dried leaf and/or flowering herb top extract preparation in the finished product (Bradley 2006; Mills and Bone 2005; Blumenthal 2000). Note: The extract ratio must be between 1:2 and 1:20. The formulation must be prepared in a way which is equivalent to 50 milligrams crude dried leaf and/or flowering herb tops for 1 milliliter or 1 gram of finished product. For example, for an infusion prepared with a 1:10 w/v ratio, the concentration of infusion in the finished product must be 50% (50 mg crude dried leaves and flowering herb tops * 10 w/v (dilution) = 0.5 mL liquid extract in 1 mL finished product = 50% v/v extract preparation in the finished product). Methods of preparation: Non-Standardized Dry Extracts (Extract dry) 0.5 - 3% dried leaf and/or flowering herb top extract preparation in the finished product (Mills and Bone 2005; Blumenthal 2000). Notes: The extract ratio must be between 2:1 and 10:1. The formulation should be prepared in a way which is equivalent to 50 milligrams crude dried leaf and/or flowering herb top for 1 gram of finished product. For example, for a dry extract prepared with a 2:1 w/w ratio, the concentration of dry extract in the product must be 2.5% (50 mg crude dried leaves and flowering herb top / 2 w/w (concentration) = 25 mg dry extract in 1000 mg finished product = 2.5% extract preparation in the finished product). Solvents allowed for this method of preparation as part of this monograph are ethanol and/or water only. Direction(s) for use Apply to affected area(s), up to 3 times per day (Bradley 2006; BHP 1983). Supervise children when they use this product.

Duration(s) of Use No statement required. Risk Information Caution(s) and warning(s) For external use only. When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water. Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms worsen or last (for) more than 7 days. Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away. Contraindication(s) Do not use on deep or puncture wounds, animal bites or serious burns. 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 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. 2nd edition. New York (NY): McGraw-Hill Publishing, Incorporated; 2001. Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. 2nd édition. Boca Raton (FL): Taylor and Francis Group; 2013. Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003. McIntyre A. Herbal Treatment of Children - Western and Ayurvedic Perspectives. Toronto (ON): Elsevier Limited; 2005. Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005. 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 June 20]. Available from: https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch WHO 1999: World Health Organization. WHO Monographs on Selected Medicinal Plants, Volume 1. Geneva (CHE): World Health Organization; 1999. Wiersema J, Léon B. World Economic Plants: A Standard Reference. Boco Raton (FL): CRC Press LLC; 1999. References Reviewed Basch E, Ulbricht C, Hammerness P, Bevins A, Sollars D. Thyme (Thymus vulgaris L.), thymol. Journal of Herbal Pharmacotherapy 2004;4(1):49-67. Brinker F. Herb Contraindications and Drug Interactions, 3rd edition. Sandy (OR): Eclectic Medical Publications; 2001. Brinker F. The Toxicity of Botanical Medicines. Sandy (OR): Eclectic Medical Publications; 2000. BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. Gruenwald J, Graubaum HJ, Busch R. Evaluation of the non-inferiority of a fixed combination of thyme fluid- and primrose root extract in comparison to a fixed combination of thyme fluid extract and primrose root tincture in patients with acute bronchitis. A single-blind, randomized, bi-centric clinical trial. Arzneimittel-Forschung 2006;56(8):574-581. Gruenwald J, Graubaum HJ, Busch R. Efficacy and tolerability of a fixed combination of thyme and primrose root in patients with acute bronchitis. A double-blind, randomized, placebo- controlled clinical trial. Arzneimittel-Forschung 2005;55(11):669-676. Kemmerich B, Eberhardt R, Stammer H. Efficacy and tolerability of a fluid extract combination of thyme herb and ivy leaves and matched placebo in adults suffering from acute bronchitis with productive cough. A prospective, double-blind, placebo-controlled clinical trial. Arzneimittel- Forschung 2006;56(9):652-660. Mills S, Bone K. Principles and Practice of Phytotherapy. Toronto (ON): Churchill Livingstone; 2000. Schilcher, H. Phytotherapy in Paediatrics. Handbook for Physicians and Pharmacists. Stuttgart (D): Medpharm Scientific Publishers; 1997. Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004. Report a problem on this page Date modified: 2019-03-01

RISK INFORMATION

Caution(s) and warning(s) For external use only.When using this product avoid contact with eyes. If contact occurs, rinse thoroughly with water.Stop use and ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms worsen or last (for) more than 7 days.Keep out of reach of children. If swallowed, call a poison control centre or get medical help right away. Contraindication(s) Do not use on deep or puncture wounds, animal bites or serious burns. 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 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.The medicinal ingredient must comply with the requirements outlined in the NHPID. EXAMPLE OF PRODUCT FACTS:

REFERENCES

Route of Administration Topical (Mills and Bone 2005; Blumenthal et al. 2000)

Source material(s)	Common name(s)	Source information		
Proper name(s)	Part(s)	Preparation(s)		
Thymus vulgaris	Common thymeConehead thymeEnglish thymeFrench thymeGarden thymeThyme	Flowering herb topLeaf		Dry