

Blessed Thistle - Oral

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BLESSED THISTLE - CNICUS BENEDICTUS - Oral 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 - 50.1 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 October 30, 2018 Proper name(s), Common name(s), Source material(s) Table 1. Proper name(s), Common name(s), Source material(s) Proper name(s) Common name(s) Source material(s) Proper name(s) Part(s) Preparation Cnicus benedictus Blessed thistle Holy thistle Cnicus benedictus Herb tops Dried References: Proper name: USDA 2018; Common names: McGuffin et al. 2000, Bradley 1992, Felter and Lloyd 1983; Source material: Williamson 2003, Bradley 1992. 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 the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document. Use(s) or Purpose(s) Traditionally used in Herbal Medicine as a digestive tonic and bitter to increase appetite and aid digestion (stomachic) (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983; Wren 1907). Traditionally used in Herbal Medicine to help relieve indigestion (dyspepsia) (Bradley 1992; Felter and Lloyd 1983; Wren 1907). Traditionally used in Herbal Medicine as an expectorant to help relieve cold symptoms such as excessive mucus build up (excessive catarrh) (Williamson 2003; Felter and Lloyd 1983). The following combined use(s) or purpose(s) is/are also acceptable: Traditionally used in Herbal Medicine as a digestive tonic and bitter to increase appetite, aid digestion (stomachic) and help relieve indigestion (dyspepsia) (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983; Wren 1907). Note Claims for traditional use must include the term "Herbal Medicine", "Traditional Chinese Medicine", or "Ayurveda". Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Methods of preparation: Dry, Powder, Non-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion) 0.6-6 grams of dried herb tops, per day (Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 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 (McGuffin 1997; Bradley 1992; Felter and Lloyd 1983). Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (Brinker 2010; Blumenthal et al. 2000). 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 No statement required. 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 Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000. Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 1. Bournemouth (UK): British Herbal Medicine Association; 1992. Brinker F. Herb Contraindications and Drug Interactions, 4 th edition. Sandy (OR): Eclectic Medical Publications; 2010. Felter HW, Lloyd JU. King's American Dispensatory, Volume 1, 18 th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original]. 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, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2 nd edition. Silver Spring (MD): American Herbal Products Association; 2000. USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). Cnicus benedictus L. National

Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 August 7]. Available from: http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl 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. Wren RC. Potter's Cyclopaedia of Botanical Drugs and Preparations. London (UK): Potter and Clark; 1907. References Reviewed BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Riggins C, Rister R, editors. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. Austin (TX): American Botanical Council; 1998. Bruneton J. Pharmacognosie, phytochimie, plantes médicinales. 3rd edition. Tec & Doc, Paris (FR); 1999. Dorland's 2004. Dorland's Illustrated Medical Dictionary. Online edition. Toronto (ON): WB Saunders Company, an Elsevier imprint; 2004. [Accessed 2008 January 23]. Available at: [http://www.mercksource.com/pp/us/cns/cns_hl_dorlands.jspzQzpgzEzzSzppdocszSzuszSzcommonzSzdzorlandzSzdzorlandzSzdzmd_d_10zPzhtm](http://www.mercksource.com/pp/us/cns/cns_hl_dorlands.jspzQzpgzEzzSzppdocszSzuszSzcommonzSzdorlandzSzdzorlandzSzdzmd_d_10zPzhtm) Fauci AS, Braunwald E, Isselbacher KJ, Wilson JD, Martin JB, Kasper DL, Hauser SL and Longo DL, editors. Harrison's Principles of Internal Medicine, 14th edition. Toronto (ON): McGraw-Hill Health Professions Division; 1998. Felter HW. The Eclectic Materia Medica, Pharmacology and Therapeutics. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1922 original]. Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003. Meyer JE. The Herbalist. Glenwood (IL): Meyerbooks; 1993. Meyrick W. The New Family Herbal; or, Domestic Physician: enumerating, with accurate descriptions, all the known vegetables which are any way remarkable for medical efficacy; with an account of their virtues in the several diseases incident to the human frame. Birmingham (UK): Knott and Lloyd; 1790. Pugh MB, editor. Stedman's 27th Medical Dictionary. New York (NY): Lippincott Williams & Wilkins; 2000. Wiersema J, Léon B. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC; 1999. Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988. 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 No statement required.

DOSAGE FORM(S)

Acceptable dosage forms for the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

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 (McGuffin 1997; Bradley 1992; Felter and Lloyd 1983). Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (Brinker 2010; Blumenthal et al. 2000).

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 No statement required.

STORAGE CONDITION(S)

No statement required.

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 material(s)		
Proper name(s)	Part(s)	Preparation		
Cnicus benedictus	Blessed thistleHoly thistle	Cnicus benedictus	Herb tops	Dried