

Frankincense - Oral

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Frankincense - Boswellia Sacra - Oral (PDF Version - 47 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 10, 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) Boswellia sacra Bible frankincense Frankincense Incense Olibanum Olibanum-tree Ru xiang shu Boswellia sacra Stem bark resin References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; Source information: PPRC 2020. 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 Ayurveda as an astringent (Williamson 2002; Kapoor 2001). Traditionally used in Ayurveda as a diuretic (Williamson 2002; Kapoor 2001; Leung and Foster 1996). Traditionally used in Ayurveda to relieve nervous problems (Williamson 2002; Leung and Foster 1996). Used in Traditional Chinese Medicine (TCM) to promote circulation of qi (PPRC 2010; Bensky et al. 2004). Used in Traditional Chinese Medicine (TCM) to relieve urinary disorders (Williamson 2002; Bown 1995). Used in Traditional Chinese Medicine (TCM) to dispel wind-dampness (Bensky et al. 2004; Chen and Chen 2004; Tierra and Tierra 1998) Notes The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Ayurveda as an astringent and as a diuretic). 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., Frankincense is used in Traditional Chinese Medicine (TCM) to promote circulation of qi). 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) Adults 18 years and older Quantity(ies) Methods of preparation: Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 3 - 5 grams of stem bark resin, per day (PPRC 2020). Methods of preparation: Decoction, Decoction concentrate 3 - 10 grams of stem bark resin, per day (Bensky et al. 2004; Chen and Chen 2004). Direction(s) for use No statement required. Duration(s) of Use Ask a health care practitioner/health care provider/health care professional/doctor/physician for prolonged use. Risk Information Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have digestive disorders (Bensky et al. 2004; Chen and Chen 2004). Contraindication(s) Do not use if you are pregnant or breastfeeding. 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 Bensky D, Clavey, Stöger E, Gamble A. Chinese Herbal Medicine: Materia Medica. 3rd edition. Seattle (WA): Eastland Press, Incorporated; 2004. Bown D. Encyclopedia of Herbs and Their Uses. New York (NY): Dorling Kindersley Limited; 1995. Chen JK, Chen TT. Chinese Medical Herbology and Pharmacology. Crampton L, editor. City of Industry (CA): Art of Medicine Press Inc.; 2004. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. Second Edition. Boca Ration (FL): Taylor and Francis Group; 2013. Kapoor LD. Handbook of

Ayurvedic Medicinal Plants. New York (NY): CRC Press; 2001. Leung AY, Foster S. Encyclopedia of Common Natural Ingredients used in Food, Drugs and Cosmetics- 2 nd edition. Toronto (ON): John Wiley and Sons Inc.; 1996. PPRC 2020: Pharmacopoeia of the People's Republic of China. Volume 1, English edition. Beijing (CN): The State Pharmacopoeia Commission of the People's Republic of China; 2020. Tierra M, Tierra L. Chinese Traditional Herbal Medicine: Volume 2 Materia Medica and Herbal Resource. Twin Lakes (WI): Lotus Press; 1998. 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 November 14]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> Williamson EM, editor. Major Herbs of Ayurveda. London (UK): Elsevier Science Limited; 2002. References Reviewed Gruenwald J, Brendler T, Jaenicke C. PDR for Herbal Medicines. Montvale (NJ): Medical Economics Company Inc.; 1998. Li SC. Chinese Medicinal Herbs. San Francisco (CA): Georgetown Press; 1973. Long Z. The Chinese Materia Medica. Xue Yuan (China): Academy Press; 1998. Lu H. A Comprehensive Textbook of Chinese Herbology. Vancouver (BC): Academy of Oriental Heritage; 1999. Report a problem on this page Date modified: 2019-03-01

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) Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have digestive disorders (Bensky et al. 2004; Chen and Chen 2004). Contraindication(s) Do not use if you are pregnant or breastfeeding. 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 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.

Proper name(s)	Common name(s)	Source information	
Source material(s)	Part(s)		
Boswellia sacra	Bible frankincenseFrankincenseIncenseOlibanumOlibanum treeRu xiang shu	Boswellia sacra	Stem bark resin