

# Rosemary - Topical

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ROSEMARY - ROSMARINUS OFFICINALIS - 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 - 98 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 18, 2018 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 Rosmarinus officinalis Rosemary Rosmarinus officinalis Leaf Dried References: Proper name: USDA 2018; Common name: McGuffin et al. 2000; Source information: Blumenthal et al. 2000. Route of Administration Topical (ESCOP 2003) 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. Use(s) or Purpose(s) (Traditionally) used in Herbal Medicine as supportive therapy to help relieve muscle and joint pain associated with rheumatism (Barnes et al. 2007; Bradley 2006; Wichtl 2004; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000). (Traditionally) used in Herbal Medicine to help support peripheral circulation (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000). (Traditionally) used in Herbal Medicine as a mild antiseptic (ESCOP 2003; Williamson et al. 1988). 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, Decoction 50 grams of dried leaf, per day (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000). Note: Dried leaves should be prepared as a decoction (see direction for use). Direction(s) for use Dried leaf Place dried leaves in 1 liter of cold water. Bring to a boil and simmer for 5-10 minutes. Let stand covered for 15 to 30 minutes and strain (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000). All products Add to one full bath (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000). 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 pregnant, breastfeeding, have large open wounds or skin lesions, feverish conditions, acute inflammation, severe circulatory disorders or hypertension (Brinker 2010; Barnes et al. 2007; ESCOP 2003; Blumenthal et al. 2000; McGuffin et al. 1997). Contraindication(s) No statement required. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (Barnes et al. 2007; ESCOP 2003). Non-medicinal ingredients Must be chosen from the current Natural Health Product Ingredient 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 Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3 rd edition. London (UK): The Pharmaceutical Press; 2007. BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983. 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 2. Bournemouth (UK): British Herbal Medicine Association; 2006. Brinker F. Herb Contraindications and Drug Interactions, 4 th edition. Sandy (OR): Eclectic Medical Publications; 2010. ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2 nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003. Grieve M. A Modern Herbal, Volume 2. 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, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000. McGuffin M, Hobbs

C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997. Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005. Tilgner S. Herbal Medicine from the Heart of the Earth. Creswell (OR): Wise Acre Press; 1999. USDA 2018: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Rosmarinus officinalis* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2018 October 1]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxonomydetail.aspx?id=32207> Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004. 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 Product Ingredient Database (NHPID) and must meet the limitations outlined in the database. Storage conditions 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 pregnant, breastfeeding, have large open wounds or skin lesions, feverish conditions, acute inflammation, severe circulatory disorders or hypertension (Brinker 2010; Barnes et al. 2007; ESCOP 2003; Blumenthal et al. 2000; McGuffin et al. 1997). Contraindication(s) No statement required. Known adverse reaction(s) Stop use if hypersensitivity/allergy occurs (Barnes et al. 2007; ESCOP 2003).

## **NON-MEDICINAL INGREDIENTS**

Must be chosen from the current Natural Health Product Ingredient 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 Topical (ESCOP 2003)

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation		
Rosmarinus officinalis	Rosemary	Rosmarinus officinalis	Leaf	Dried