

# Juniper

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Juniper - Juniperus Communis (PDF Version - 51 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 31, 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) Preparation Juniperus communis Common juniper Juniper Juniperus communis Fruit Dry References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; Source information: Bradley 2006, ESCOP 2003, Hoffmann 2003, Blumenthal et al. 2000. 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 Herbal Medicine as a diuretic (ESCOP 2003; Felter and Lloyd 1983). (Traditionally) used in Herbal Medicine (as a urinary tract antiseptic) to help relieve benign urinary tract infections (Bradley 2006; Hoffmann 2003; Felter and Lloyd 1983). (Traditionally) used in Herbal Medicine (as a carminative) to help relieve digestive disturbances (such as flatulent dyspepsia) (Bradley 2006, ESCOP 2003, Hoffmann 2003, Blumenthal et al. 2000, Felter and Lloyd 1983). (Traditionally) used in Herbal Medicine (as a stomachic) to aid digestion and stimulate appetite (Bradley 2006, Hoffmann 2003, Grieve 1971). 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 Herbal Medicine as a diuretic and as a urinary tract antiseptic to help relieve benign urinary tract infections). 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., Juniper is traditionally used in Herbal Medicine to aid digestion and stimulate appetite). 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 Extracts (Dry extract\*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 0.3 - 12 grams of dried fruit, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000) \*Note: Solvents allowed for the method of preparation "Non-Standardized Extracts (Dry extract)" as part of this monograph are ethanol and/or water only. Direction(s) for use No statement required. Duration(s) of Use Diuretic For occasional use only (Berardi et al. 2002; CPA 2002). Other uses Ask a health care practitioner/health care provider/health care professional/doctor/physician for use beyond 4 weeks (Brinker 2010; ESCOP 2003). Risk Information Caution(s) and warning(s) Ask a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding (Mills et al. 2006). Contraindication(s) Do not use if you are pregnant (Brinker 2010; Bradley 2006; ESCOP 2003; Hoffmann 2003). Do not use if you have a kidney disorder (Brinker 2010; Bradley 2006; ESCOP 2003; Hoffmann 2003). 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

Berardi RR, DeSimone EM, Newton GD, Oszko MA, Popovich NG, Rollins CJ, Shimp LA, Tietze KJ, editors. Handbook of Nonprescription Drugs: An Interactive Approach to Self-Care, 13 th edition. Washington (DC): American Pharmaceutical Association; 2002. 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. CPA 2002: Canadian Pharmacists Association. Patient Self-Care. Helping Patients Make Therapeutic Choices. Ottawa (ON): Canadian Pharmacists Association; 2002. ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2 nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003. Felter HW, Lloyd JU. King's American Dispensatory, Volume 2, 18 th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original]. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. 2nd edition. Boca Ration (FL): Taylor and Francis Group; 2013. 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. Mills E, Dugoua J, Perri D, Koren G. Herbal Medicines in Pregnancy and Lactation: An Evidence-Based Approach. London (UK): Taylor and Francis Medical; 2006. Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3 rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004. 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> References Reviewed Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3 rd edition. London (UK): The Pharmaceutical Press; 2007. Robbers JE, Tyler VE. Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals. New York, NY: The Haworth Herbal Press, 1999 Sanchez de Medina F, Gamez MJ, Jimenez I, Jimenez J, Osuna JI, Zarzuelo A. Hypoglycemic activity of Juniper berries. Planta Medica 1994; 60: 197-200. 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 if symptoms persist or worsen. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are breastfeeding (Mills et al. 2006).  
Contraindication(s) Do not use if you are pregnant (Brinker 2010; Bradley 2006; ESCOP 2003; Hoffmann 2003). Do not use if you have a kidney disorder (Brinker 2010; Bradley 2006; ESCOP 2003; Hoffmann 2003).  
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)	Preparation		
Juniperus communis	Common juniperJuniper	Juniperus communis	Fruit	Dry