

## NATURAL HEALTH PRODUCT

### GINGER – *ZINGIBER OFFICINALE*

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** May 20, 2022

#### 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(s)
<i>Zingiber officinale</i>	▶ Ginger ▶ Jiang	<i>Zingiber officinale</i>	Rhizome	Dry

References: Proper name: USDA 2018; Common names: McGuffin et al. 2000, Wiersema and León 1999; Source information: McGuffin et al. 2000, WHO 1999, 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 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)

- ▶ Help(s) prevent nausea and vomiting associated with motion sickness, and/or seasickness (Lien et al. 2003; Riebenfeld and Borzone 1999; Schmid et al. 1994; Grøntved et al. 1988; Mowrey and Clayson 1982).
- ▶ Traditionally used in Herbal Medicine to help relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative) (Mills and Bone 2000; Bradley 1992; Ellingwood 1983; Felter and Lloyd 1983).
- ▶ Traditionally used in Herbal Medicine as an expectorant and cough suppressant (antitussive) to help relieve bronchitis as well as coughs and colds (Mills and Bone 2000; Bradley 1992; Ellingwood 1983 ; Wren 1907).

### Note

Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

### Dose(s)

#### Subpopulation(s)

Children 6-11 years, Adolescents 12-17 years and Adults 18 years and older (ESCOP 2003)

#### Quantity(ies)

Methods of preparation: Dry, Powder, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract).

*Motion sickness/seasickness (nausea and vomiting prevention)*

0.5-3 grams of dried rhizome, per day (Mills and Bone 2005; ESCOP 2003; Bradley 1992).

*Other uses*

0.3-3 grams of dried rhizome, per day (Mills and Bone 2005; Bradley 1992; Felter and Lloyd 1898; Wren 1907).

Methods of preparation: Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)

*All uses*

0.7-3 grams of dried rhizome, per day (Mills and Bone 2005).



## Direction(s) for use

*Motion sickness/seasickness (nausea and vomiting prevention)*

- ▶ Take a single dose 30 minutes before travel (Mills and Bone 2005; ESCOP 2003)
- ▶ Take every 4 hours as needed (Optional) (Riebenfeld and Borzone 1999; Schmid et al. 1994).

## 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.

### Contraindication(s)

No statement required.

### Known adverse reaction(s)

No statement required.

## 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

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

## 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.



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