

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

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(s)
<i>Zingiber officinale</i>	<ul style="list-style-type: none"> ▶ Ginger ▶ Jiang 	<i>Zingiber officinale</i>	Rhizome	Dried

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

- ▶ 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; Fischer-Rasmussen et al. 1990; 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-Standardised Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)

Motion sickness/seasickness (nausea and vomiting prevention)

0.5-2 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)

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)
(Optional: and every 4 hours as necessary (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

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.

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