Natural Health Products Ingredients Database

Monograph: Curcumin

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLA) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. It is a referenced document to be used as a labelling standard. Note: Text in parentheses is additional optional information which can be included on the PLA and product labels at the applicant's discretion. The solidus (/) indicates that the terms are synonyms or that the statements are synonymous. Either term or statement may be selected by the applicant.

Date: 2010-02-26

NHPIID Name
Curcumin (O'Neil et al. 2006)

Proper Name(s)
(1E,6E)-1,7-Bis(4-hydroxy-3-methoxyphenyl)-1,6-heptadiene-3,5-dione (O'Neil et al. 2009)

Common Name(s)
Curcumin (Goel et al. 2008, Boon and Smith 2004, Deodhar et al. 1980)

Route Of Administration
Oral

Dosage Form(s)
The acceptable pharmaceutical dosage forms suited to oral administration include, but are not limited to, chewables (e.g. gummies, tablets), caplets, capsules, strips, lozenges, powders or liquids where the dose is measured in drops, teaspoons or tablespoons. This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s)
Statement(s) to the effect of:

Provides antioxidants for the maintenance of good health. (ESCOP 2003, Blumenthal M et al. 2000, Mills and Bone 2000)

Used in Herbal Medicine to help relieve joint inflammation. (Mills and Bone 2000, Deodhar et al. 1980)
Dose(s)
Adults:

Antioxidant

Dose(s): not to exceed 400 Milligrams 3 times per day (Deodhar et al. 1980)

Relief of joint inflammation
Dose(s): 400 Milligrams 3 times per day (Boon and Smith 2004, Deodhar et al. 1980)

Duration of use
No statement is required

Risk Information
Statement(s) to the effect of:

Caution(s) and Warning(s)

- Consult a health care practitioner prior to use if you are pregnant. (ESCOP 2003, Brinker 2001, McGuffin et al. 1997)
- Consult a health care practitioner prior to use if you are taking antiplatelet medication or blood thinners (Mills and Bone 2005, Brinker 2001)
- Consult a health care practitioner prior to use if you have gallstones or a bile duct obstruction. (ESCOP 2003, Brinker 2001, McGuffin et al. 1997)
- Consult a health care practitioner prior to use if you have stomach ulcers or excess stomach acid. (Brinker 2001, McGuffin et al. 1997)
- **Relief of joint inflammation:** Consult a health care practitioner if symptoms persist or worsen.

Contraindication(s)
No statement is required

Known Adverse Reaction(s)
No statement is required

Non-medicinal ingredients
Must be chosen from the current Natural Health Products Ingredients Database and must meet the limitations outlined in the database.

Specifications

- The finished product must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.
- The medicinal ingredient may comply with the specifications outlined in the Curcuminoids, Curcuminoids Capsules and Curcuminoids Tablets monographs published in the United States Pharmacopeia (USP 32).
References cited


References reviewed


