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## COMMITTEE ON HERBAL MEDICINAL PRODUCTS (HMPC)

#### **DRAFT**

## COMMUNITY HERBAL MONOGRAPH ON MENTHA X PIPERITA L., FOLIUM

DISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	May 2007 July 2007
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REDISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	
ADOPTION BY HMPC	

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KEYWORDS	Herbal medicinal products; HMPC; Community herbal monographs;
	traditional use; <i>Mentha x piperita</i> L.; Menthae piperitae folium; peppermint leaf

# COMMUNITY HERBAL MONOGRAPH ON *MENTHA X PIPERITA* L.; FOLIUM

## 1. NAME OF THE MEDICINAL PRODUCT

To be specified for the individual finished product.

## 2. QUALITATIVE AND QUANTITATIVE COMPOSITION $^1$

Well-established use	<u>Traditional use</u>
	With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended
	i) Herbal substance  Mentha x piperita L., folium (dried peppermint leaf)
	ii) Herbal preparations
	A) Comminuted herbal substance for tea preparation
	B) Tincture (1:5; ethanol 45 % (v/v))

## 3. PHARMACEUTICAL FORM

Well-established use	<u>Traditional use</u>
	Herbal substance for infusion or other herbal preparation in liquid or solid dosage forms for oral use
	The pharmaceutical form should be described by the European Pharmacopoeia full standard term.

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<sup>&</sup>lt;sup>1</sup> The declaration of the active substance(s) for an individual finished product should be done in accordance with relevant herbal quality guidance.

## 4. CLINICAL PARTICULARS

## 4.1 Therapeutic indications

Well-established use	<u>Traditional use</u>
	Traditional herbal medicinal product for the symptomatic relief of digestive disorders such as dyspepsia and flatulence.
	The product is a traditional herbal medicinal product for use in specified indication exclusively based upon long-standing use.

## 4.2 Posology and method of administration

Well-established use	<u>Traditional use</u>
	Posology
	Adults, elderly
	Daily dose
	Herbal tea: 4.5 - 9 g of the herbal substance, divided in three single doses.
	Tincture: 6-9 ml, divided in three single doses.
	Children between 4 and 12 years of age, adolescents between 12 and 16 years of age
	Daily dose
	Herbal tea only:
	Children between 4 and 12 years of age 3-5 g
	Adolescents between 12 and 16 years of age 3-6 g
	to be divided in three single doses.
	The use is not recommended in children under 4 years of age (see section 4.4 Special warnings and precautions for use).
	<b>Duration of use</b>
	If the symptoms persist more than 2 weeks during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted (see section 4.4 Special warnings and precautions for use).
	Method of administration
	Oral use.

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## 4.3 Contraindications

Well-established use	<u>Traditional use</u>
	Hypersensitivity to peppermint leaf preparations or to menthol.
	The product must not be used in patients with cholangitis, gallstones and any other biliary disorders that require medical supervision and advice.

## 4.4 Special warnings and precautions for use

Well-established use	<u>Traditional use</u>
	Patients with gastroesophageal reflux (heartburn) should avoid peppermint leaf preparations, because heartburn may increase.
	The use in children under 4 years of age is not recommended as there is no experience available.
	If symptoms worsen during the use of the medicinal product, a doctor or a qualified health practitioner should be consulted.
	For tinctures the appropriate labelling for ethanol, taken from the 'Guideline on excipients in the
	label and package leaflet of medicinal products for
	human use', must be included.

## 4.5 Interactions with other medicinal products and other forms of interaction

Well-established use	<u>Traditional use</u>
	None reported.

## 4.6 Pregnancy and lactation

Well-established use	<u>Traditional use</u>
	Safety during pregnancy and lactation has not been established.
	In the absence of sufficient data, the use during pregnancy and lactation is not recommended.

## 4.7 Effects on the ability to drive and use machines

Well-established use	<u>Traditional use</u>
	No studies on the effect on the ability to drive and use machines have been performed.

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## 4.8 Undesirable effects

Well-established use	<u>Traditional use</u>
	The gastroesophageal reflux may worsen and heartburn may increase.
	See also section 4.4 Special warnings and precautions of use.

## 4.9 Overdose

Well-established use	<u>Traditional use</u>
	No case of overdose has been reported.

## 5. PHARMACOLOGICAL PROPERTIES

## 5.1 Pharmacodynamic properties

Well-established use	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

## **5.2** Pharmacokinetic properties

Well-established use	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

## 5.3 Preclinical safety data

Well-established use	<u>Traditional use</u>
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended, unless necessary for the safe use of the product.
	Adequate tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.

## **6.** PHARMACEUTICAL PARTICULARS

Well-established use	<u>Traditional use</u>
	Not applicable.

## 7. DATE OF COMPILATION/LAST REVISION

5 July 2007

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