



5 April 2016  
EMA/HMPC/84990/2015 *Corr.*<sup>1</sup>  
Committee on Herbal Medicinal Products (HMPC)

## European Union herbal monograph on *Thymus vulgaris* L. or *Thymus zygis* L., herba and *Primula veris* L. or *Primula elatior* (L.) Hill, radix

Final

Discussion in Working Party on European Union monographs and list (MLWP)	July 2010 November 2010 January 2011
Adoption by Committee on Herbal Medicinal Products (HMPC) for release for consultation	27 January 2011
End of consultation (deadline for comments)	15 August 2011
Re-discussion in MLWP	November 2011 January 2012 March 2012 May 2012 September 2012 (at HMPC request) November 2012
Adoption by Committee on Herbal Medicinal Products (HMPC) - opinion reached by consensus - monograph and supporting documents Monograph (EMA/HMPC/130042/2010) AR (EMA/HMPC/130038/2010) List of references (EMA/HMPC/130045/2010) Overview of comments received during the public consultation (EMA/HMPC/897630/2011) HMPC Opinion (EMA/HMPC/332110/2012)	24 September 2012 12 March 2013
<b>First systematic review</b>	
Discussion in MLWP	September 2014 November 2014
Adoption by HMPC for release for consultation	28 January 2015
End of consultation (deadline for comments) <sup>2</sup>	15 May 2015

<sup>1</sup> Correction to standard wording in section 4.2 (well-established use)



Re-discussion in MLWP	February 2016
Adoption by HMPC	5 April 2016

Keywords	Herbal medicinal products; HMPC; European Union herbal monographs; traditional use; <i>Thymus vulgaris</i> L. or <i>Thymus zygis</i> L., herba; <i>Primula veris</i> L. or <i>Primula elatior</i> (L.) Hill, radix; Thymi herba/Primulae radix; Thyme/Primula root
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<p>BG (bulgarski): Мащерка, стрък/Иглика, корен</p> <p>CS (čeština): tymiánová nať a prvosenkový kořen</p> <p>DA (dansk): Timian og Primularod</p> <p>DE (Deutsch): Thymian/Primelwurz</p> <p>EL (elliniká): Πόα Θύμου και ρίζα πριμούλης</p> <p>EN (English): Thyme/Primula root</p> <p>ES (español): Tomillo partes aéreas de/Primula, raíz de</p> <p>ET (eesti keel): liivatee ürt/nurmenuku juur</p> <p>FI (suomi): timjami / kevätesikko, juuri</p> <p>FR (français): Thym (parties aériennes de) / Primevère (racine de)</p> <p>HR (hrvatski): timijanova zelen / jaglačev korijen</p> <p>HU (magyar): Kakukkfű/kankalingyökér</p> <p>IT (italiano): Timo foglia e fiore/Primula radice (Primavera, Primula odorosa)</p>	<p>LT (lietuvių kalba): Vaistinių čiobrelių žolė ir raktažolių šaknys</p> <p>LV (latviešu valoda): Timiānu laksti/Prīmulu saknes</p> <p>MT (Malti): Timu u Primula</p> <p>NL (Nederlands): Tijm / Sleutelbloem</p> <p>PL (polski): Ziele tymianku/ Korzeń pierwiosnka</p> <p>PT (português): Tomilho/Primavera, raiz</p> <p>RO (română): Iarbă de cimbru/Rădăcină de ciuboțica cucului</p> <p>SK (slovenčina): Vňať tymianu/Koreň prvosenky</p> <p>SL (slovenščina): zel vrtne materine dušice / korenina jegliča</p> <p>SV (svenska): Timjan, ört / Gullviva, rot</p> <p>IS (islenska):</p> <p>NO (norsk): Timian/Nøkleblomrot</p>
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<sup>2</sup> No comments were received during the period of public consultation. Therefore the final monograph is published together with the final assessment report and list of references, without an 'Overview of comments received during the public consultation'.

# European Union herbal monograph on *Thymus vulgaris* L. or *Thymus zygis* L., herba and *Primula veris* L. or *Primula elatior* (L.) Hill, radix

## 1. Name of the medicinal product

To be specified for the individual finished product.

## 2. Qualitative and quantitative composition<sup>3, 4</sup>

Well-established use	Traditional use
<p>With regard to the marketing authorisation application of Article 10(a) of Directive 2001/83/EC as amended</p> <p>Fixed combination of <i>Thymus vulgaris</i> L. or <i>Thymus zygis</i> L., herba and <i>Primula veris</i> L. or <i>Primula elatior</i> (L.) Hill, radix (Thyme and Primula root)</p> <p>i) Herbal substance</p> <p>Not applicable.</p> <p>ii) Herbal preparations</p> <p>a) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and tincture from Primula root (ratio of herbal substance to extraction solvent 1:5), extraction solvent ethanol 50% V/V</p> <p>b) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and liquid extract from Primula root (DER 1:2-2.5), extraction solvent ethanol 70% m/m</p> <p>c) Dry extract from Thyme (DER 6-10:1), extraction solvent ethanol 70% V/V and dry extract from Primula root (DER 6-7:1), extraction solvent ethanol 47.4% V/V</p>	<p>With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended</p> <p>Fixed combination of <i>Thymus vulgaris</i> L. or <i>Thymus zygis</i> L., herba and <i>Primula veris</i> L. or <i>Primula elatior</i> (L.) Hill, radix (Thyme and Primula root)</p> <p>i) Herbal substance</p> <p>Not applicable.</p> <p>ii) Herbal preparations</p> <p>a) Dry extract from Thyme (DER 6-10:1), extraction solvent ethanol 70% V/V and dry extract from Primula root (DER 3.5-4.5:1), extraction solvent water</p> <p>b) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and soft extract from Primula root (DER 3-7:1), extraction solvent methanol: water: ammonia solution 26% (50:49.5:0.5)</p> <p>c) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and soft extract from Primula root (DER 1-2:1), extraction solvent ethanol 55% V/V</p>

<sup>3</sup> The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

<sup>4</sup> The material complies with the Ph. Eur. monograph (ref.: 0865 and 1364).

Well-established use	Traditional use
	<p>d) Dry extract from Thyme (DER 4.5-7:1), extraction solvent methanol 25% V/V and dry extract from Primula root (DER 4-6:1), extraction solvent water</p> <p>e) Liquid extract from Thyme (DER 1:2-3), extraction solvent ethanol 20% V/V and liquid extract from Primula root (DER 1:2-3), extraction solvent ethanol 15% V/V</p> <p>f) Soft extract from Thyme (DER 5-7:1), extraction solvent methanol 25% V/V and soft extract from Primula root (DER 6-10:1), extraction solvent water</p> <p>g) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and tincture from Primula root (Ratio herbal substance to extraction solvent 1:5), extraction solvent ethanol 50% V/V</p> <p>h) Liquid extract from Thyme (DER 1:2-2.5), extraction solvent ammonia solution 10% m/m: glycerol 85% m/m: ethanol 90% V/V: water (1:20:70:109) and liquid extract from Primula root (DER 1:2-2.5), extraction solvent ethanol 70% m/m</p> <p>i) Liquid extract from the mixture of Thyme (DER 1:3.3) and Primula root (DER 1:2-4.6), extraction solvent water</p>

### 3. Pharmaceutical form

Well-established use	Traditional use
<p>Herbal preparations in liquid or solid dosage forms for oral use.</p> <p>The pharmaceutical form should be described by the European Pharmacopoeia full standard term.</p>	<p>Herbal preparations in liquid or solid dosage forms for oral use.</p> <p>The pharmaceutical form should be described by the European Pharmacopoeia full standard term.</p>

## 4. Clinical particulars

### 4.1. Therapeutic indications

Well-established use	Traditional use
Herbal medicinal product used as an expectorant in case of productive cough.	Traditional herbal medicinal product used as an expectorant in cough associated with cold.  The product is a traditional herbal medicinal product for use in the specified indication exclusively based upon long-standing use.

### 4.2. Posology and method of administration

Well-established use	Traditional use
<p><b>Posology</b> <i>Adults and elderly</i></p> <p>a) Single dose: Fixed combination of 0.43 g liquid Thyme extract and 0.21 g Primula root tincture Daily dose: 5 times daily</p> <p>b) Single dose: Fixed combination of 0.5 g liquid Thyme extract and 0.25 g liquid Primula root extract Daily dose: 6 times daily</p> <p>c) Single dose: Fixed combination of 160 mg dry Thyme extract and 60 mg dry Primula root extract Daily dose: 3 times daily</p> <p>The use in children and adolescents under 18 years of age is not recommended (see section 4.4 'Special warnings and precautions for use').</p> <p><b>Duration of use</b></p> <p>If the symptoms persist longer than 1 week during the use of the medicinal product, a doctor or a pharmacist should be consulted.</p> <p><b>Method of administration</b></p> <p>Oral use</p>	<p><b>Posology</b> <i>Adolescents, adults and elderly</i></p> <p>a) Single dose: Fixed combination of 75 mg dry Thyme extract and 37.5 mg dry Primula root extract Daily dose: 3 times daily</p> <p>b) Single dose: Fixed combination of 1.13 g liquid Thyme extract and 0.045 g soft Primula root extract Daily dose: 3 times daily</p> <p>c) Single dose: Fixed combination of 1.16 g liquid Thyme extract and 0.17 g soft Primula root extract Daily dose: 4 times daily</p> <p>d) Single dose: Fixed combination of 110 mg dry Thyme extract and 21 mg dry Primula root extract Daily dose: 3 times daily</p> <p>e) Single dose: Fixed combination of 1.24 g liquid Thyme extract and 0.41 g liquid Primula root extract Daily dose: 3-5 times daily</p> <p>f) Single dose: Fixed combination of 128 mg soft Thyme extract and 18 mg soft Primula root extract. Daily dose: 3-4 times daily</p> <p>i) Single dose: 3.08 g equivalent to 0.62 g of Thyme and 0.22–0.51 g of Primula root. Daily dose: 4 times daily</p>

Well-established use	Traditional use
	<p data-bbox="810 255 959 282"><i>Adolescents</i></p> <p data-bbox="810 311 1374 450">g) Single dose: Fixed combination of 0.43 g liquid Thyme extract and 0.21 g Primula root tincture Daily dose: 5 times daily</p> <p data-bbox="810 479 1358 656">h) Single dose: Fixed combination of 0.5 g liquid Thyme extract and 0.25 g liquid Primula root extract Daily dose: 6 times daily</p> <p data-bbox="810 685 1302 712"><i>Children between 4 and 11 years of age</i></p> <p data-bbox="810 741 1401 880">c) Single dose: Fixed combination of 0.77 g liquid Thyme extract and 0.12 g soft Primula root extract Daily dose: 3-4 times daily</p> <p data-bbox="810 909 1374 1048">g) Single dose: Fixed combination of 0.36 g liquid Thyme extract and 0.18 g Primula root tincture Daily dose: 3-5 times daily</p> <p data-bbox="810 1077 1374 1254">h) Single dose: Fixed combination of 0.33 g liquid Thyme extract and 0.17 g liquid Primula root extract Daily dose: 3-5 times daily</p> <p data-bbox="810 1283 1222 1310"><b>Herbal preparations a, b, d, e, f, i</b></p> <p data-bbox="810 1339 1406 1435">The use in children under 12 years of age is not recommended (see section 4.4 'Special warnings and precautions for use').</p> <p data-bbox="810 1464 1126 1491"><b>Herbal preparation c, g, h</b></p> <p data-bbox="810 1520 1406 1617">The use in children under 4 years of age is not recommended (see section 4.4 'Special warnings and precautions for use').</p> <p data-bbox="810 1646 1015 1673"><b>Duration of use</b></p> <p data-bbox="810 1702 1406 1841">If the symptoms persist longer than 1 week during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted.</p> <p data-bbox="810 1870 1142 1897"><b>Method of administration</b></p> <p data-bbox="810 1926 914 1953">Oral use</p>

### 4.3. Contraindications

Well-established use	Traditional use
Hypersensitivity to the active substances or to other plants of the Lamiaceae family.	Hypersensitivity to the active substances or to other plants of the Lamiaceae family.

### 4.4. Special warnings and precautions for use

Well-established use	Traditional use
<p>If dyspnoea, fever or purulent sputum occurs, a doctor or a pharmacist should be consulted.</p> <p>Caution is recommended in patients with gastritis or gastric ulcer.</p> <p>If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.</p> <p>The use in children and adolescents under 18 years of age has not been established due to lack of data on efficacy.</p> <p>For tinctures and extracts containing ethanol, 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.</p>	<p>If dyspnoea, fever or purulent sputum occurs, a doctor or a qualified health care practitioner should be consulted.</p> <p>Caution is recommended in patients with gastritis or gastric ulcer.</p> <p>If the symptoms worsen during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted.</p> <p>For tinctures and extracts containing ethanol, 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.</p> <p>Herbal preparations a, b, d, e, f, i</p> <p>The use in children under 12 years of age has not been established due to lack of adequate data.</p> <p>Herbal preparation c, g, h</p> <p>The use in children under 4 years of age has not been established because medical advice should be sought.</p>

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

Well-established use	Traditional use
None reported.	None reported.

### 4.6. Fertility, pregnancy and lactation

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

Well-established use	Traditional use
not recommended. No fertility data available.	not recommended. No fertility data available.

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

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

#### 4.8. Undesirable effects

Well-established use	Traditional use
Gastric disorders and nausea may occur. The frequency is not known.  If other adverse reactions not mentioned above occur, a doctor or a pharmacist should be consulted.	Gastric disorders and nausea may occur. The frequency is not known.  If other adverse reactions not mentioned above occur, a doctor or a qualified health care practitioner should be consulted.

#### 4.9. Overdose

Well-established use	Traditional use
No case of overdose has been reported.	No case of overdose has been reported.

## 5. Pharmacological properties

### 5.1. Pharmacodynamic properties

Well-established use	Traditional use
Pharmacotherapeutic group: respiratory system Proposed ATC code: R05 C The mechanism of action is not known.	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

### 5.2. Pharmacokinetic properties

Well-established use	Traditional use
No data available.	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

### 5.3. Preclinical safety data

Well-established use	Traditional use
Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.	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.  Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.

## 6. Pharmaceutical particulars

Well-established use	Traditional use
Not applicable.	Not applicable.

## 7. Date of compilation/last revision

5 April 2016