



12 March 2013
EMA/HMPC/283630/2012
Committee on Herbal Medicinal Products (HMPC)

Community herbal monograph on *Camellia sinensis* (L.) Kuntze, non fermentatum folium

Draft

Discussion in Working Party on Community monographs and Community list (MLWP)	March 2012 September 2012 January 2013
Adoption by Committee on Herbal Medicinal Products (HMPC) for release for consultation	12 March 2013
End of consultation (deadline for comments). Comments should be provided using this template to hmpc.secretariat@ema.europa.eu	15 July 2013
Rediscussion in Working Party on Community monographs and Community list (MLWP)	
Adoption by Committee on Herbal Medicinal Products (HMPC)	

Keywords	Herbal medicinal products; HMPC; Community herbal monographs; traditional use; <i>Camellia sinensis</i> (L.) Kuntze, non fermentatum folium, green tea leaf
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BG (bălgarski): Зелен чай CS (čeština): Čajovníkový list nefermentovaný DA (dansk): Grøn te DE (Deutsch): Grünteeblätter EL (elliniká): Καμελλίας (Τεΐας) της σινικής φύλλο πράσινο EN (English): Green tea ES (español): Té verde, hoja de ET (eesti keel): roheline tee FI (suomi): vihreätee FR (français): Thé vert (feuille de) HU (magyar): Zöld tea levél IT (italiano):	LT (lietuvių kalba): Kininių arbatmedžių nefermentuoti lapai LV (latviešu valoda): Tējas krūma nefermentētas lapas MT (malti): Te aħdar NL (nederlands): Groene thee PL (polski): Liść herbaty chińskiej niefermentowanej (herbata zielona) PT (português): Chá, folha não fermentada RO (română): Frunză de ceai verde SK (slovenčina): Čajovníkový list, nefermentovaný SL (slovenščina): nefermentirani list čajevca SV (svenska): Te IS (íslenska): NO (norsk): Grønn te
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Community herbal monograph on *Camellia sinensis* (L.) Kuntze, non fermentatum folium

1. Name of the medicinal product

To be specified for the individual finished product.

2. Qualitative and quantitative composition^{1,2}

Well-established use	Traditional use
	<p>With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended</p> <p><i>Camellia sinensis</i> (L.) Kuntze, non fermentatum folium (green tea leaf)</p> <p>i) Herbal substance</p> <p>Whole dried leaf.</p> <p>ii) Herbal preparations</p> <p>a) Comminuted herbal substance</p> <p>b) Powdered herbal substance</p>

3. Pharmaceutical form

Well-established use	Traditional use
	<p>Herbal substance or comminuted herbal substance as herbal tea for oral use.</p> <p>Herbal preparations in 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
	<p>Traditional herbal medicinal product for relief of fatigue and sensation of weakness.</p>

¹ The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

² The material complies with the French Pharmacopoeia monograph, current edition

Well-established use	Traditional use
	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 administration³

Well-established use	Traditional use
	<p>Posology</p> <p><i>Adults and elderly</i></p> <p>a) Herbal tea</p> <p>1.8 – 2.2 g of whole or comminuted herbal substance in 100 – 150 ml of boiling water as a herbal infusion, 3 – 5 times daily.</p> <p>b) powdered herbal substance</p> <p>Single dose:</p> <p>390 mg, 3 times daily (up to 5 times if necessary)</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>Duration of use</p> <p>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>Method of administration</p> <p>Oral use.</p>

4.3. Contraindications

Well-established use	Traditional use
	<p>Hypersensitivity to the active substance(s).</p> <p>Gastric and duodenal ulcers, cardiovascular disorders such as hypertension and arrhythmia, hyperthyroidism.</p>

³ For guidance on herbal substance/herbal preparation administered as herbal tea or as infusion/decoction/macerate preparation, please refer to the HMPC 'Glossary on herbal teas' (EMA/HMPC/5829/2010 Rev.1).

4.4. Special warnings and precautions for use

Well-established use	Traditional use
	<p>The use in children and adolescents under 18 years of age has not been established due to lack of adequate data.</p> <p>Not recommended before bedtime as it may cause sleep disturbances.</p> <p>If symptoms worsen during the use of the medicinal products a doctor or a qualified health practitioner should be consulted.</p>

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

Well-established use	Traditional use
	<p>Caffeine containing preparations reduce sedative action and increase side effects caused by sympathomimetic drugs.</p>

4.6. Fertility, pregnancy and lactation

Well-established use	Traditional use
	<p>No fertility data available.</p> <p>Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.</p>

4.7. Effects on ability to drive and use machines

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

4.8. Undesirable effects

Well-established use	Traditional use
	<p>None known.</p> <p>If adverse reactions occur, a doctor or a qualified health care practitioner should be consulted.</p>

4.9. Overdose

Well-established use	Traditional use
	Overdose (quantities corresponding to more than 300 mg caffeine or 5 cups of tea as a beverage) can lead to restlessness, tremor, and elevated reflex excitability. The first signs of poisoning are vomiting and abdominal spasm.

5. Pharmacological properties

5.1. Pharmacodynamic properties

Well-established use	Traditional use
	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
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended. Caffeine crosses the placenta and is distributed in breast milk.

5.3. Preclinical safety data

Well-established use	Traditional use
	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 and carcinogenicity have not been performed.

6. Pharmaceutical particulars

Well-established use	Traditional use
	Not applicable.

7. Date of compilation/last revision

12 March 2013