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**COMMITTEE ON HERBAL MEDICINAL PRODUCTS
(HMPC)**

FINAL

COMMUNITY HERBAL MONOGRAPH ON *MELISSA OFFICINALIS* L., FOLIUM

DISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	March 2007 May 2007
ADOPTION BY HMPC FOR RELEASE FOR CONSULTATION	8 May 2007
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KEYWORDS

Herbal medicinal products; HMPC; Community herbal monographs; traditional use; *Melissa officinalis* L.; *Melissae folium*; melissa leaf

COMMUNITY HERBAL MONOGRAPH ON *MELISSA OFFICINALIS* L., FOLIUM

1. NAME OF THE MEDICINAL PRODUCT

To be specified for the individual finished product.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION^{1, 2}

<u>Well-established use</u>	<u>Traditional use</u>
	<p>With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended</p> <p><i>Melissa officinalis</i> L., folium (melissa leaf)</p> <p>i) Herbal substance Cut, dried</p> <p>ii) Herbal preparations</p> <ul style="list-style-type: none">- powdered herbal substance- Tincture (1:5 ; extraction solvent ethanol 45% V/V or m/m)- Liquid extract (1:1 ; extraction solvent ethanol 45% V/V/ or m/m) <p>iii) Dry extracts that correspond to extracts mentioned under ii)</p>

3. PHARMACEUTICAL FORM

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

¹ The material complies with the Ph. Eur. monograph (ref. 01/2005: 1447)

² The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

4. CLINICAL PARTICULARS

4.1. Therapeutic indications

<u>Well-established use</u>	<u>Traditional use</u> a) Traditional herbal medicinal product for relief of mild symptoms of mental stress and to aid sleep. b) Traditional herbal medicinal product for symptomatic treatment of mild gastrointestinal complaints including bloating and flatulence. The product is a traditional herbal medicinal product for use in specified indications exclusively based upon long-standing use.
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4.2. Posology and method of administration

<u>Well-established use</u>	<u>Traditional use</u> Posology <i>Adolescents over 12 years of age, adults, elderly</i> Cut or powdered herbal substance: 1.5 - 4.5 g of herbal substance 1 - 3 times per day. Herbal tea: To make an infusion, pour 150 ml of boiling water over 1.5 - 4.5 g of herbal substance. Steep for 5 - 15 minutes. To be taken 1 - 3 times daily. Tincture: 2 - 6 ml 1 - 3 times daily. Liquid extract: 2 - 4 ml 1 - 3 times daily. Dried water or ethanol (45%) extracts in doses corresponding to the posologies for tea, tincture and liquid extracts above. The use in children under 12 years of age is not recommended (see 4.4. Special warnings and precautions for use). Duration of use If the symptoms persist during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted. Method of administration Oral use.
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4.3. Contraindications

<u>Well-established use</u>	<u>Traditional use</u> Hypersensitivity to the active substance.
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4.4. Special warnings and precautions for use

<u>Well-established use</u>	<u>Traditional use</u> The use in children under 12 years of age is not recommended because data are not sufficient and medical advice should be sought. For tinctures and liquid 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.
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4.5. Interactions with other medicinal products and other forms of interaction

<u>Well-established use</u>	<u>Traditional use</u> No data available.
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4.6. Pregnancy and lactation

<u>Well-established use</u>	<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.
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4.7. Effects on ability to drive and use machines

<u>Well-established use</u>	<u>Traditional use</u> May impair ability to drive and use machines. Affected patients should not drive or operate machinery.
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4.8. Undesirable effects

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

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

5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

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

5.2. Pharmacokinetic properties

<u>Well-established use</u>	<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

<u>Well-established use</u>	<u>Traditional use</u>
	<p>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.</p> <p>Data from <i>in vitro</i> and animal studies indicate that the water extract of <i>Melissa officinalis</i> may inhibit the activity of thyroid stimulating hormone (TSH). The clinical relevance of these findings is not known.</p> <p>Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.</p>

6. PHARMACEUTICAL PARTICULARS

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

7. DATE OF COMPILATION/LAST REVISION

31 October 2007