



30 March 2022
EMA/HMPC/607773/2017
Committee on Herbal Medicinal Products (HMPC)

Assessment report on *Species digestivae*

Final

Based on Article 16d(1), Article 16f and Article 16h of Directive 2001/83/EC (traditional use)

Herbal substance(s) (binomial scientific name of the plant, including plant part)	<p><i>Achillea millefolium</i> L., herba, flos</p> <p><i>Aloysia citrodora</i> Paláu (syn. <i>Aloysia triphylla</i> (L'Hér.) Kuntze; <i>Verbena triphylla</i> L'Hér.; <i>Lippia citriodora</i> Kunth), folium (Verbenae citriodorae folium)</p> <p><i>Althaea officinalis</i> L., radix</p> <p><i>Artemisia absinthium</i> L., herba</p> <p><i>Carum carvi</i> L., aetheroleum, fructus</p> <p><i>Centaurium erythraea</i> Rafn. s.l., herba</p> <p><i>Cinnamomum verum</i> J. S. Presl, (<i>Cinnamomum zeylanicum</i> Nees), cortex</p> <p><i>Curcuma xanthorrhiza</i> Roxb. (<i>C. xanthorrhiza</i> D. Dietrich), rhizoma</p> <p><i>Foeniculum vulgare</i> Miller subsp. <i>vulgare</i> var. <i>dulce</i> (Mill.) Batt. & Trab., fructus</p> <p><i>Foeniculum vulgare</i> Miller subsp. <i>vulgare</i> var. <i>vulgare</i>, fructus</p> <p><i>Fumaria officinalis</i> L., herba</p> <p><i>Gentiana lutea</i> L., radix</p> <p><i>Glycyrrhiza glabra</i> L.; <i>Glycyrrhiza inflata</i> Bat.; <i>Glycyrrhiza uralensis</i> Fisch., radix</p> <p><i>Hypericum perforatum</i> L., herba</p>
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	<p><i>Marrubium vulgare</i> L., herba</p> <p><i>Matricaria recutita</i> L., flos</p> <p><i>Melissa officinalis</i> L., folium</p> <p><i>Mentha x piperita</i> L., folium</p> <p><i>Menyanthes trifoliata</i> L., folium</p> <p><i>Peumus boldus</i> Molina, folium</p> <p><i>Pimpinella anisum</i> L., fructus</p> <p><i>Rosmarinus officinalis</i> L. folium</p> <p><i>Salvia officinalis</i> L., folium</p> <p><i>Taraxacum officinale</i> Weber ex Wigg., radix cum herba</p>
Herbal preparation(s)	Combinations of the above-mentioned herbal substances.
Pharmaceutical form(s)	Comminuted herbal substances as herbal tea for oral use.
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1. Introduction

1.1. Description of the herbal substance(s), herbal preparation(s) or combinations thereof

- Combinations of herbal substance(s) and/or herbal preparation(s) including a description of vitamin(s) and/or mineral(s) as ingredients of traditional combination herbal medicinal products assessed, where applicable.

EU herbal monographs on herbal tea combinations are based on combinations which have been shown to fulfil the applicable criteria according to 2001/83/EC. In addition, the specific herbal preparations included have a documented traditional use on a specific indication already established in previous HMPC assessments for the single substance use. There are data showing their use in combinations in certain ranges that can be considered safe and plausible.

The legislation does not impose any limitation to the number/percentage of combination partners in herbal teas. However, the scientific opinion of the HMPC is:

- Usually not more than 4 herbal substances should be used in a herbal tea as active substance and each substance should represent not less than 10% of the total weight. More combination partners at lower proportions imply technical obstacles in terms of quality testing and raise questions about the plausible contribution and the need/justification. These may be better considered excipients.
- More than 4 substances or less than 10% of the total weight in a herbal tea would in principle not raise concerns from a public health viewpoint provided that the marketing authorisation holder/traditional use registration holder can control the quality of the product and that appropriate justification on the need and the plausibility as active substance as well as the safety for a specific indication, strength and posology is provided.

According to data from marketed products, pharmacopoeias, textbooks and literature, traditional herbal tea combinations in the EU member states contain mostly 3-4 main herbal substances with a well-documented single and combined use and plausibility in a specific indication. Accordingly, HMPC agreed and cover a large proportion of traditional combinations. Such limitation allows also a reasonable reference to previous single substance assessments and appropriate complexity of the monograph for use by applicants and assessors.

Tea combinations in EU herbal monographs can be considered plausible and safe in a certain indication and thus facilitate national registration procedures providing some flexibility for applicants. However, it is not supposed to be exhaustive or exclude other individual combinations. It is always possible to obtain registration/authorisation for a specific combination product provided that all requirements are met - even if not covered by the EU herbal combination monographs. Reference can be made to the established herbal tea monographs with an adequate justification of the deviation (e.g. inclusion of a preparation without an EU monograph or different number of combination partners).

It is further referred to Q&A [EMA/HMPC/345132/2010](https://www.ema.europa.eu/en/qa/hmmpc/345132/2010) questions R1 and R8 as well as general HMPC guidance in this respect:

- Guideline on the clinical assessment of fixed combinations of herbal substances/herbal preparations ([EMA/HMPC/166326/2005](https://www.ema.europa.eu/en/qa/hmmpc/166326/2005))
- Quality of combination herbal medicinal products/traditional herbal medicinal products ([EMA/HMPC/CHMP/CVMP/214869/2006](https://www.ema.europa.eu/en/qa/hmmpc/chmp/cvmp/214869/2006))

This assessment report refers to the herbal tea combinations used in the therapeutic area 'digestive disorders'. Herbal substances contained in such combinations for which an assessment by the HMPC has been performed for the use as single substance are: *Achillea millefolium* L., herba, flos; *Aloysia citrodora* Paláu (syn. *Aloysia triphylla* (L'Hér.) Kuntze; *Verbena triphylla* L'Hér.; *Lippia citriodora* Kunth), folium (Verbenae citriodora folium); *Althaea officinalis* L., radix; *Artemisia absinthium* L., herba; *Carum carvi* L., fructus; *Centaureum erythraea* Rafn. s.l., herba; *Cinnamomum verum* J. S. Presl (*Cinnamomum zeylanicum* Nees), cortex; *Curcuma xanthorrhiza* Roxb. (*C. xanthorrhiza* D. Dietrich), rhizoma; *Foeniculum vulgare* Miller subsp. *vulgare* var. *dulce* (Miller) Batt. & Trab., fructus; *Foeniculum vulgare* Miller subsp. *vulgare* var. *vulgare*, fructus; *Fumaria officinalis* L., herba; *Gentiana lutea* L., radix; *Glycyrrhiza glabra* L., *G. inflata* Bat., *G. uralensis* Fisch., radix; *Hypericum perforatum* L., herba; *Marrubium vulgare* L., herba; *Matricaria recutita* L., flos; *Melissa officinalis* L., folium; *Menyanthes trifoliata* L., folium; *Mentha x piperita* L., folium; *Peumus boldus* Molina, folium; *Pimpinella anisum* L., fructus; *Rosmarinus officinalis* L. folium; *Salvia officinalis* L., folium; *Taraxacum officinale* Weber ex Wigg., radix cum herba.

Other herbal substances that are linked to the therapeutic area but are not yet assessed by the HMPC leading to a EU herbal monograph for the single substance are not considered in this assessment report.

Additional herbal substances which may be combination partners but which are not linked to the therapeutic area are considered as excipients.

For the description of the herbal substances, their constituents, relevant pharmacopoeia monographs, non-clinical and clinical data please refer to the assessment reports of the single herbal substances.

1.2. Search and assessment methodology

The information regarding herbal tea combinations in the therapeutic area 'digestive disorders' was gathered from EU member states and the information provided by interested parties.

Also several scientific databases were searched for combinations: Pubmed, Embase, Medline, Healthlink, Scopus, in 2017. Nevertheless, such review did not provide relevant results on the combinations.

Libraries: Standard handbooks of Phytotherapy and Pharmacognosy were reviewed for information (Braun, 2011; Frerichs *et al.*, 1938; German Pharmacopoeia, 1973; Ozarowski, 1978; Urzedowy, 1962; Wichtl, 1994, among others).

For the scientific data on safety and efficacy of the single herbal substances contained in the combinations please refer to the assessment reports of the single herbal substances.

2. Data on medicinal use

2.1. Information about products on the market

2.1.1. Information about products on the market in the EU/EEA Member States

Information on medicinal products marketed in the EU/EEA

Not applicable.

Information on relevant combination medicinal products marketed in the EU/EEA

Herbal substances mentioned in brackets in the traditional tea mixtures listed in column 1 of table 1 are considered to belong primarily to a different therapeutic area/indication.

Table 1: Overview of data obtained from marketed medicinal products

	Active substance	Indication	Pharmaceutical form	Regulatory Status
1	Malvae folium 0.65 g, Menthae pip. folium 0.416 g, Centaurii herba 0.104 g, Foeniculi amari fructus 0.13 g	Dyspeptic complaints, loss of appetite	Herbal tea (tea bag 1.3 g) Several times daily 1-2 cups	2011, Austria THMP
2	Matricariae flos 0.3 g, Calami rhizome 0.3 g, Millefolii herba 0.3 g, Centaurii herba 0.3 g, Melissa folium 0.225 g, Salviae trilobae folium 0.075 g	Dyspeptic complaints, indigestion, bloating, loss of appetite	Herbal tea (1 tea bag 1.5 g)	2011, Austria THMP
3	Malvae folium 0.65 g, Menthae pip. folium 0.416 g, Centaurii herba 0.104 g, Foeniculi amari fructus 0.13 g	Dyspeptic complaints, loss of appetite	Herbal tea (tea bag 1.3 g) Several times daily 1-2 cups	2011, Austria THMP
4	Matricariae flos 0.3 g, Calami rhizome 0.3 g, Millefolii herba 0.3 g, Centaurii herba 0.3 g, Melissa folium 0.225 g, Salviae trilobae folium 0.075 g	Dyspeptic complaints, indigestion, bloating, loss of appetite	Herbal tea (1 tea bag 1.5 g)	2011, Austria THMP
5	Absinthii herba 300 mg, Menthae piperitae herba 300 mg, Millefolii herba 300 mg, Hyperici herba 150 mg, Levistici radix 150 mg, Liquiritiae radix 150 mg, Foeniculi fructus 150 mg	a) Temporary loss of appetite b) Mild dyspeptic / gastrointestinal disorders	Comminuted herbal substance for herbal tea For adults and adolescents Posology: 1 tea bag (in a form of infusion) 3 times daily after meal Duration of use: if the symptoms persist longer than 1 week, a doctor or a qualified health care practitioner should be consulted	1995, Czech Republic switched to TUR 2011
6	Menthae piperitae herba 525 mg, [Agrimoniae herba 375 mg], Marrubii herba 375 mg, Rhei radix 225 mg	To support bile excretion in temporary loss of appetite and in mild gastrointestinal	Comminuted herbal substance for herbal tea For adults and adolescents	1997, Czech Republic switched to TUR

	Active substance	Indication	Pharmaceutical form	Regulatory Status
		discomfort such as bloating and flatulence disorders	Posology: 1 tea bag (in a form of infusion) 3 times daily after meal Duration of use: if the symptoms persist longer than 2 weeks, a doctor or a qualified health care practitioner should be consulted.	2011
(7)	Agrimoniae herba 250 mg, Marrubii herba 250 mg, Boldo folium 100 mg, Frangulae cortex 100 mg, Matricariae flos 100 mg, Menthae piperitae herba 100 mg, Taraxaci radix cum herba 100 mg	Adjuvant therapy of biliary tract disorders; the tea supports bile excretion, acts slightly laxative, used against flatulation, relieves tension in the abdomen, relieves feelings of fullness	Comminuted herbal substance for herbal tea For adults and adolescents Posology: 2 tea bags (in a form of infusion) 3 times daily 1/2 h before meal Duration of use: no information	1969, Czech Republic switched to TUR 2011
(8)	Matricariae flos 360 mg, Foeniculi fructus 330 mg, Menthae piperitae herba 180 mg, Althaeae radix 150 mg, Rubi fruticosi folium 150 mg, Plantaginis folium 105 mg, Lupuli flos 90 mg, Serpylli herba 75 mg, Sambuci flos 30 mg, Liquiritiae radix 30 mg	Symptomatic treatment of mild, gastro-intestinal complaints such as loss of appetite, bloating and flatulence	Comminuted herbal substance for herbal tea For children over 4 years of age, adolescents and adults Posology: children 4 to 11 years 1 tea bag (in a form of infusion) 1-2 times daily, adolescents and adults 1 tea bag 3 times daily Duration of use: no information	1969, Czech Republic switched to TUR 2011 <i>Since December 2016 on request of registration holder, marketed as food supplement</i>
9	Matricariae flos 375 mg, Menthae piperitae herba 375 mg, Althaeae radix 300 mg, Liquiritiae radix 300 mg, Foeniculi fructus 150 mg	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence	Comminuted herbal substance for herbal tea For children over 4 years of age, adolescents and adults Posology: children 4 to 11 years 1 tea bag (in a form of infusion) 2-3 times daily, adolescents and adults 1 tea bag 3 times	1995, Czech Republic switched to TUR 2011

	Active substance	Indication	Pharmaceutical form	Regulatory Status
			daily Duration of use: children less than 1 week, adults and adolescents maximum 2 weeks	
(10)	Myrtilli fructus 480 mg, Tormentillae rhizoma 300 mg, Sanguisorbae radix 300 mg, Matricariae flos 105 mg, Salviae officinalis folium 105 mg, Menthae piperitae herba 105 mg, Liquiritiae radix 105 mg	Treatment of mild unspecific diarrhoea and mild dyspeptic disorders	Comminuted herbal substance for herbal tea For adults and adolescents Posology: 1 tea bag (in a form of infusion) 3 times daily 1/2 h before meal Duration of use: no information	1969, Czech Republic switched to TUR 2011
(11)	Angelicae radix 225 mg, Calami radix 225 mg, Matricariae flos 225 mg, Agrimoniae herba 150 mg, Centaurii herba 150 mg, Hyperici herba 150 mg, Menthae piperitae herba 150 mg, Rubi fruticosi folium 150 mg, Foeniculi fructus 75 mg	Relief of mild gastrointestinal disorders - stomachicum, carminativum, the product has mild spasmolytic, antiphlogistic and choleric effect	Comminuted herbal substance for herbal tea For adults and adolescents Posology: 2 tea bags (in a form of infusion) 3 times daily 1/2 h before meal Duration of use: no information	1971, Czech Republic switched to TUR 2011
(12)	100 g herbal tea combination contain: Valerianae radix 25.0 g, Carvi fructus 25.0 g, Menthae piperitae folium 25.0 g, Matricariae flos 25.0 g	Complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 5-6 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee I* 1987, Germany, Standard Marketing Authorisation (WEU)
13	100 g herbal tea combination contain: Anisi fructus 20-30 g, Foeniculi amari fructus 20-30 g, Carvi fructus 20-40 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 7-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee II* 1987, Germany, Standard Marketing Authorisation (WEU)

	Active substance	Indication	Pharmaceutical form	Regulatory Status
14	100 g herbal tea combination contain: Foeniculi amari fructus 20-30 g, Coriandri fructus 20-40 g, Carvi fructus 20-30 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee III* 1988, Germany, Standard Marketing Authorisation (WEU)
15	100 g herbal tea combination contain: Anisi fructus 15-30 g, Foeniculi amari fructus 15-30 g, Coriandri fructus 15-20 g, Carvi fructus 15-30 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee IV* 1988, Germany, Standard Marketing Authorisation (WEU)
16	100 g herbal tea combination contain: Foeniculi Amari fructus 20-35 g, Carvi fructus 20-35 g, Angelicae radix 20-30 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee V* 1988, Germany, Standard Marketing Authorisation (WEU)
17	100 g herbal tea combination contain: Anisi fructus 15-30 g, Foeniculi amari fructus 15-30 g, Carvi fructus 15-30 g, Matricariae flos 20-40 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee VI* 1988, Germany, Standard Marketing Authorisation (WEU)
18	100 g herbal tea combination contain: Anisi fructus 15-30 g, Foeniculi amari fructus 15-30 g, Carvi fructus 15-30 g,	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals	Magen und Darmtee VII* 1988, Germany, Standard Marketing

	Active substance	Indication	Pharmaceutical form	Regulatory Status
	Menthae piperitae folium 20-40 g		several times daily	Authorisation (WEU)
19	100 g herbal tea combination contain: Anisi fructus 15-30 g, Foeniculi amari fructus 15-30 g, Carvi fructus 15-30 g, Matricariae flos 10-40 g, Menthae piperitae folium 10-40 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee VIII* 1988, Germany, Standard Marketing Authorisation (WEU)
20	100 g herbal tea combination contain: Anisi fructus 15-30 g, Foeniculi amari fructus 15-30 g, Carvi fructus 15-30 g, Matricariae flos 10-40 g, Millefolii herba 10-30 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6-9 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee IX* 1988, Germany, Standard Marketing Authorisation (WEU)
21	100 g herbal tea combination contain: Matricariae flos 20-40 g, Menthae piperitae folium 20-30 g, Millefolii herba 20-35 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 3-4 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee X* 1988, Germany, Standard Marketing Authorisation (WEU)
22	100 g herbal tea combination contain: Matricariae flos 30-40 g, Menthae piperitae folium 15-40 g, Liquiritiae radix 15-35 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 4-6 g) of herbal tea (steeping time 10 min) between meals several times daily	Magen und Darmtee XI* 1988, Germany, Standard Marketing Authorisation (WEU)
23	100 g herbal tea combination contain: Matricariae flos 30-50 g, Millefolii herba 15-25 g, Liquiritiae radix 15-35 g	Gastrointestinal complaints like sense of fullness, flatulence, and mild spasmodic gastrointestinal disorders	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 4-6 g) of herbal tea (steeping time 10 min) between meals	Magen und Darmtee XII* 1988, Germany, Standard Marketing

	Active substance	Indication	Pharmaceutical form	Regulatory Status
			several times daily	Authorisation (WEU)
24	100 g herbal tea combination contain: Gentianae radix 20.0 g, Aurantii amari epicarpium et mesocarpium 20.0 g, Centaurii herba 25.0 g, Absinthii herba 25.0 g, Cinnamomi cortex 10.0 g	For gastric complaints e.g. reduced secretion of gastric juice	Comminuted herbal substance for herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 4 g) of herbal tea (steeping time 5-10 min) ½ h before meals several times daily	Magentee I* 1987, Germany, Standard Marketing Authorisation (WEU)
25	100 g herbal tea combination contain: Angelicae radix 10-25 g, Millefolii herba 15-30 g, Centauri herba 10-25 g, Artemisiae herba 10-25 g	Gastric complaints like sense of fullness and flatulence e.g. caused by reduced secretion of gastric juice	Herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 3-4 g) of herbal tea (steeping time 10-15 min) ½ h before meals several times daily	Magentee II* 1988, Germany, Standard Marketing Authorisation (WEU)
26	100 g herbal tea combination contain: Melissae folium 10-35 g, Millefolii herba 10-35 g, 30-Artemisiae herba 50 g	Gastric complaints like sense of fullness and flatulence e.g. caused by reduced secretion of gastric juice	Herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 2-3 g) of herbal tea (steeping time 10-15 min) ½ h before meals several times daily	Magentee III* 1988, Germany, Standard Marketing Authorisation (WEU)
27	100 g herbal tea combination contain: Gentianae radix 10-30 g, Taraxaci herba cum radice 10-35 g, Centauri herba 10-35 g	Gastric complaints like sense of fullness and flatulence e.g. caused by reduced secretion of gastric juice	Herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 4 g) of herbal tea (steeping time 10-15 min) ½ h before meals several times daily	Magentee IV* 1988, Germany, Standard Marketing Authorisation (WEU)
28	100 g herbal tea combination contain: Gentianae radix 10-30 g, Millefolii herba 10-35 g, Centauri herba 10-25 g,	Gastric complaints like sense of fullness and flatulence e.g. caused by reduced secretion of gastric juice	Herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 4 g) of herbal tea (steeping time 10-15 min) ½ h before meals	Magentee V* 1988, Germany, Standard Marketing

	Active substance	Indication	Pharmaceutical form	Regulatory Status
	Artemisiae herba 10-25 g		several times daily	Authorisation (WEU)
29	100 g herbal tea combination contain: Gentianae radix 10-15 g, Aurantii amari epicarpium et mesocarpium 15-25 g, Centauri herba 10-25 g, Artemisiae herba 10-20 g	Gastric complaints like sense of fullness and flatulence e.g. caused by reduced secretion of gastric juice	Herbal tea 1 cup of a fresh warm infusion prepared from 2 teaspoonful (approx. 4 g) of herbal tea (steeping time 10-15 min) ½ h before meals several times daily	Magentee VI* 1988, Germany, Standard Marketing Authorisation (WEU)
30	100 g herbal tea combination contain: Carvi fructus 10 g, Curcumae xanthorrhizae rhizoma 20 g, Taraxaci herba cum radice 30 g, Silybi marianae fructus 20 g, Menthae piperitae folium 20 g	Gastrointestinal complaints like sense of fullness, flatulence and digestive complaints	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 6 g) of herbal tea (steeping time 10-15 min) ½ h before meals 3-4 times daily	Gallentee I* 1987, Germany, Standard Marketing Authorisation (WEU)
31	100 g herbal tea combination contain: Curcumae xanthorrhizae rhizoma 15-20 g, Taraxaci herba cum radice 15-50 g, Menthae piperitae folium 20-40 g, Millefolii herba 10-30 g	Gastrointestinal complaints like sense of fullness, flatulence and digestive complaints	Herbal tea 1 cup of a fresh warm infusion prepared from 1 tablespoonful (approx. 4 g) of herbal tea (steeping time 10-15 min) ½ h before meals 3-4 times daily	Gallentee II* 1988, Germany, Standard Marketing Authorisation (WEU)
32	1 tea bag (=1.75 g) contains: Silybi marianae fructus, comminuted 1.05 g, Menthae piperitae folium, comminuted 0.35 g, Artemisiae herba, comminuted 0.175 g	Digestive complaints, particularly based on functional affections of the biliary tract	Herbal tea Adults and adolescents over 12 years: 1 cup of a fresh infusion prepared from 1 tea bag herbal tea (steeping time 10-15 min) ½ h before meals 4 times daily	At least since 1976, Germany, WEU
33	1 tea bag (=1.75 g) contains: Matricariae flos, comminuted 0.875 g,	Digestive complaints, particularly with mild gastrointestinal cramps,	Herbal tea Adults and adolescents over 12 years:	At least since 1976, Germany, WEU

	Active substance	Indication	Pharmaceutical form	Regulatory Status
	Menthae piperitae folium, comminuted 0.58625 g, Carvi fructus, comminuted 0.28875 g	flatulence, sense of fullness	1 cup of a fresh infusion prepared from 1 tea bag herbal tea (steeping time 10 min) between meals 3- 4 times daily	
34	1 tea bag (=2 g) contains: Foeniculi amari fructus, comminuted 0.8 g, Anisi fructus, comminuted 0.8 g, Carvi fructus, comminuted 0.4 g	Digestive complaints, particularly with mild gastrointestinal cramps, flatulence, sense of fullness	Herbal tea Adults and adolescents over 12 years: 1 cup of a fresh infusion prepared from 1 tea bag herbal tea (steeping time 10 min) 2 times daily	At least since 1976, Germany, WEU
35	1 tea bag (=2 g) contains: Matricariae flos, comminuted 0.8 g, Millefolii herba, comminuted 0.6 g, Menthae piperitae folium, comminuted 0.5 g	THMP for relief of mild gastrointestinal complaints like sense of fullness, flatulence and mild spasmodic complaints	Herbal tea Adults and adolescents over 12 years: 1 cup of a fresh infusion prepared from 1 tea bag herbal tea (steeping time 10 min) up to 4 times daily	2012, Germany, TU
36	1 tea bag (=2 g) contains: Taraxaci herba cum radice, comminuted 0.7 g, Millefolii herba, comminuted 0.7 g, Menthae piperitae folium, comminuted 0.5 g	THMP for relief of mild digestive disorders like sense of fullness and flatulence in adults	Herbal tea Adults: 1 cup of a fresh infusion prepared from 1-2 tea bags herbal tea (steeping time 10-15 min) 3-4 times daily	2013, Germany, TU
37	2 g of herbal tea contain: Matriacariae flos, comminuted 0.30 g, Foeniculi amari fructus, comminuted 0.28 g, Menthae piperitae folium, comminuted 0.24 g, Anisi fructus, comminuted 0.22 g, Coriandri fructus,	THMP to support digestive function in adults	Herbal tea Adults: 1 cup of an infusion prepared from 1 tablespoonful (approx. 2 g) herbal tea (steeping time 5-10 min) 2-3 times daily No longer than 2 weeks	1976, Germany, TU in 2013

	Active substance	Indication	Pharmaceutical form	Regulatory Status
	comminuted 0.22 g, Menyanthidis trifoliatae folium, comminuted 0.06 g, Centauri herba, comminuted 0.06 g			
38	Mentha x piperita 35%, Matricaria chamomilla 25%, Achillea millefolium 15%, Pimpinella anisum 25%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 2 times daily	At least since 1981, Spain, TU
39	Pimpinella anisum 25%, Cuminum cyminum 25%, Thymus vulgaris 25%, Mentha piperita 25%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 2-5 times daily	At least since 1981, Spain, TU
40	Pimpinella anisum 35.18%, Illicium verum 18.22%, Foeniculum vulgare 18.22%, Melissa officinalis 28.36%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence	Comminuted herbal substance for herbal tea Single dose: 1.4 g 2 times daily	At least since 1981, Spain, TU
41	Foeniculum vulgare 25%, Pimpinella anisum 25%, Melissa officinalis 20%, Matricaria chamomilla 12.5%, Lippia citriodora 10%, Althaea officinalis 7,5%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence To improve digestion	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 2-3 times daily	1986, Spain, TU
(42)	Matricaria chamomilla 30%, Urtica urens 25%, Achillea millefolium 15%, Citrus aurantium 10%, Melissa officinalis 10%, Thymus vulgaris 6%, Humulus lupulus 4%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence To improve digestion	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 2-3 times daily	At least since 1981, Spain, TU

	Active substance	Indication	Pharmaceutical form	Regulatory Status
(43)	Lippia triphylla 10%, Lavandula officinalis 10%, Rosmarinus officinalis 10%, Malva sylvestris 5%, Pimpinella anisum 20%, Matricaria chamomilla 10%, Cuminum cyminum 13%, Mentha piperita 11%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) several times daily	1988, Spain, TU
44	Illicium verum 40%, Mentha pulegium 40%, Melissa officinalis 20%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence Dyspepsia	Comminuted herbal substance for herbal tea Half spoon (approx. 700 mg) 3 times daily	1993, Spain, TU
45	Angelica archangelica 20%, Foeniculum vulgare 20%, Achillea millefolium 20%, Althaea officinalis 20%, Peumus boldus 20%	Adjuvant therapy of mild gastrointestinal disorders associated with bloating, flatulence Dyspepsia Loss of appetite	Comminuted herbal substance for herbal tea Single dose: 1.5 g 2 times daily	1993, Spain, TU
46	Matricaria chamomilla 78%, Mentha piperita 22%	Dyspesia, flatulence Loss of appetite	Comminuted herbal substance for herbal tea Single dose: 1250-2500 mg 3-4 times daily	1983, Spain, TU
47	Matricaria chamomilla 60,52% Mentha piperita 39,48%	Dyspesia, flatulence Loss of appetite	Comminuted herbal substance for herbal tea Single dose: 1200-2400 mg 3-4 times daily	1981, Spain, TU

	Active substance	Indication	Pharmaceutical form	Regulatory Status
48	Cichorium intybus 20%, Rosmarinus officinalis 17%, Fumaria officinalis 15%, Centaurea erythraea 15%, Peumus boldus 13%, Chelidonium majus 10%, Mentha piperita 10%	Dyspepsia	Comminuted herbal substance for herbal tea 4 spoons (approx. 60 g) divided in 3 doses	1990, Spain, TU
49	Foeniculum vulgare 25%, Coriandrum sativum 13%, Carum carvi 10%, Mentha piperita 31%, Matricaria chamomilla 16%, Achillea millefolium 5%	Dyspepsia	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 3 times daily	1986, Spain, TU
50	Achillea millefolium 50 g, Mentha piperita 20 g, Foeniculum vulgare 15 g, Centaurum minus 10 g, Glycyrrhiza glabra 5 g	Dyspepsia, flatulence	Comminuted herbal substance for herbal tea Single dose: 1.65 g 4 times daily	1985, Spain, TU
(51)	Foeniculum vulgare 27.0%, Glycyrrhiza glabra 21.0%, Marsdenia condurango 14.0%, Angelica archangelica 14.0%, Matricaria chamomilla 14.0%, Gentiana lutea 8.5%, Arnica montana 1.5%	Dyspepsia, flatulence	Comminuted herbal substance for herbal tea Single dose: 1.65 g 2-3 times daily	1985, Spain, TU
(52)	Centaurum minus 30%, Vaccinium myrtillus 30%, Taraxacum officinale 25%, Juniperus communis 15%	Dyspepsia, flatulence	Comminuted herbal substance for herbal tea Single dose: 1.65 g 2-3 times daily	1985, Spain, TU
53	Peumus boldus 32%, Taraxacum officinale 19%, Fumaria officinalis 13%, Menyanthes trifoliata 11%, Mentha piperita 9%, Rosmarinus officinalis 16%	Dyspepsia of hepatic origin	Comminuted herbal substance for herbal tea 1 spoon (approx. 15 g) 2 times daily	1988, Spain, TU

	Active substance	Indication	Pharmaceutical form	Regulatory Status
54	Matricariae flos 0.14 g, Malvae folium 0.84 g, Menthae pip. folium 0.252 g, Centaurii herba 0.056 g, Calami rhizoma 0.112 g	Dyspeptic complaints, bloating, flatulence	Herbal tea (1 tea bag 1.4 g) 3-4 times daily 1 cup	2011, Austria THMP
55	Matricariae flos 0.8 g, Millefolii herba 0.6 g, Menthae pip. folium 0.5 g, Cinnamomi cortex 0.1 g	Indigestion, bloating, light spastic gastrointestinal complaints	Herbal tea (1 tea bag 2.0 g) 1-4 times daily 1 cup	2012, Austria THMP

*The active substances must add up to at least 70% (m/m) of the herbal tea combination

This overview is not exhaustive. It is provided for information only and reflects the situation at the time when it was established.

Information on other products marketed in the EU/EEA (where relevant)

At least in Spain, several other products have been marketed under the former Spanish legislation on herbal tea combinations or in the food area. They include several combinations of herbals and other component, mainly as comminuted herbal substance for herbal tea, with the main use to improve digestion (OM, 1973) e.g.:

BILAMBIL: *Cynara scolymus*; *Taraxacum officinalis*; *Foeniculum vulgare*; *Matricaria chamomilla*; *Achillea millefolium*; *Origanum majorana*.

BIOX: *Cucurbita pepo*; *Tanacetum vulgare*; *Cynara scolimus*; *Artemisia absinthium*; *Brassica oleracea*; *Cynara scolimus*; *Betula verrucosa*; *Matricaria chamomilla*.

BLEVIT DIGEST: *Matricaria chamomilla*; *Foeniculum vulgare*.

COMBINER-6 DIGESTIVO: *Passiflora incarnata* 20%; *Foeniculum vulgare* 20%; *Lavandula spica* 20%; *Verbena officinalis* 20%; *Pimpinella anisum* 20%; *Illicium verum*; *Passiflora incarnata* 20%; *Foeniculum vulgare* 20%; *Lavandula spica* 20%; *Verbena officinalis* 20%; *Pimpinella anisum* 20%.

COMPLEJO DE JENGIBRE-HINOJO: *Gentiana lutea* (extract) 100 mg; *Aloe vera* (extract) 75 mg; *Mentha x piperita* 75 mg; *Foeniculum vulgare* 75 mg; *Zingiber officinalis* (extract) 75 mg.

GARTAHEP: *Cynara scolymus* 500 mg; *Matricaria chamomilla* 300 mg; *Gentiana lutea* 300 mg; *Peumus boldus* 75 mg; Vit C, B1, B6, B12.

In France, products based on plants with traditional uses (indication 41: digestive upsets), up to 5 active drugs, could be combined to be used as herbal tea. Certain combinations defined in the Agency instructions (positive list) did not need to be examined in a case-by-case basis. Some herbal drugs could be added in order to improve the taste (*Médicaments à base de plantes: Les Cahiers de L'Agence n° 3, 1990*).

In Belgium, digestive combinations up to 6 plants were accepted in teas (but only 3 for taste and aspect) (*Ministère des Affaires Sociales, de la Santé Publique et de l'Évironnement, 1997*).

2.1.2. Information on products on the market outside the EU/EEA

Not applicable.

2.2. Information on documented medicinal use and historical data from literature

Table 2: Overview of historical data

	Herbal preparation	Documented use / Traditional use	Pharmaceutical form	Reference
56	<i>Menthae piperitae folium</i> 25% <i>Matricariae flos</i> 25% <i>Calami rhizoma</i> 25% <i>Carvi fructus</i> (crushed) 25%	Species carminativae	Herbal tea Single dose as herbal infusion: 1.5 g per 1 cup of tea	Austrian Pharmacopoeia, 1960

	Herbal preparation	Documented use / Traditional use	Pharmaceutical form	Reference
57	Herba menthae piperitae 250 g Flos chamomillae 250 g Fructus foeniculi 100 g Radix althaeae 200 g Radix liquiritiae 200 g	Species carminativae	-	Czechoslovak Pharmacopoeia, IV ed., 1987 Czechoslovak Pharmacopoeia III ed., 1970
58	Folium menthae piperitae 250 g Flos chamomillae 250 g Fructus foeniculi 100 g Radix althaeae 200 g Radix liquiritiae 200 g	Species carminativae	-	Muszynski, 1954
59	Herba agrimoniae 250 g Herba marrubii 200 g Radix taraxaci cum herba 250 g Radix rhei 100 g Herba menthae piperitae 100 g Flos chamomillae 100 g	Species cholagogae	-	Czechoslovak Pharmacopoeia, IV ed., 1987
60	Herba agrimoniae 250 g Herba marrubii 250 g Radix rhei 150 g Herba menthae piperitae 350 g	Species cholagogae	-	Praescriptiones Pharmaceuticae, 1953 Praescriptiones Pharmaceuticae, 1972
61	Radix angelicae 100 g Radix pimpinellae 100 g Herba centaurii 500 g Folium menthae piperitae 300 g	Species stomachicae	-	Muszynski, 1954
62	Herba absinthii 200 g Herba millefolii 200 g Herba menthae piperitae	Species stomachicae	-	Czechoslovak Pharmacopoeia, IV ed., 1987

	Herbal preparation	Documented use / Traditional use	Pharmaceutical form	Reference
	200 g Radix levistici 100 g Herba hyperici 100 g Fructus foeniculi 100 g Radix liquiritiae 100 g			
63	Calami rhizoma 300 g Matricariae flos 100 g Carvi fructus 100 g Menthae piperitae folium 400 g Absinthii herba 100 g	Species stomachicae	-	German Pharmacopoeia DAB 7, 1964

2.3. Overall conclusions on medicinal use

Table 3: Absinthii herba in combinations

Combination partner	Amount Absinthii herba in combination	Single dose Absinthii herba/ daily dose Frequency	Reference (# in tables 1 and 2)
Centauri herba	25%	1 g several times daily	24
	10-25%	0.3-1 g / several times daily	25
	10-25%	0.4-1 g / several times daily	28
	10-20%	0.4-0.8 g / several times daily	29
Cinnamomi cortex	25%	1 g several times daily	24
Gentianae radix	25%	1 g several times daily	24
	10-25%	0.4-1 g / several times daily	28
	10-20%	0.4-0.8 g / several times daily	29
Melissae folium	50%	1-1.5 g / several times daily	26
Menthae piperitae folium	17.5%	175 mg / 4 times daily	32
Millefolii herba	10-25%	0.3-1 g / several times daily	25
	50%	1-1.5 g / several times daily	26
	10-25%	0.4-1 g / several times daily	28

Combination partner	Amount Absinthii herba in combination	Single dose Absinthii herba/ daily dose Frequency	Reference (# in tables 1 and 2)
Summary	10-50%	Single dose: 0.175-1 g Frequency: 4 to several times daily Monograph Single dose: 1-1.5 g Daily dose: 2-3 g Frequency: 2 times daily	

Table 4: Verbenae citriodoraefolium in combinations

Combination partner	Amount Verbenae citriodoraefolium in combination	Single dose Verbenae citriodoraefolium / daily dose Frequency	Reference (# in tables 1 and 2)
Althaeae radix	10%	1.5 g / 2-3 times daily	41
Anisi fructus	10%	1.5 g / 2-3 times daily 1.5 g / several times daily	41 43
Matricariaeflos	10%	1.5 g / 2-3 times daily 1.5 g / several times daily	41 43
Menthaepiperitae herba	10%	1.5 g / several times daily	43
Rosmarinus folium	10%	1.5 g / several times daily	43
Summary	10%	Single dose: 1.5 g Daily dose: 3-4.5 g Frequency: 2-3 times daily Monograph Single dose: 2-3 g Daily dose: 2-9 g Frequency: 1-3 times daily	

Table 5: Althaeae radix in combinations

Combination partner	Amount Althaeae herba in combination	Single dose Althaeae radix/ daily dose Frequency	Reference (# in tables 1 and 2)
Anisi fructus	7.5%	1.12 g / 2-3 times daily	41
Foeniculi fructus	9.10%	150 mg / 1-2 times daily for adolescent, 3 times daily for adults	8
	7.5%	1.12 g / 2-3 times daily	41
Liquiritiae radix	9.10%	150 mg / 1-2 times daily for adolescent, 3 times daily for adults	8
Matricariae flos	9.10%	150 mg / 1-2 times daily for adolescent, 3 times daily for adults	8
	7.5%	1.12 g / 2-3 times daily	41
Melissae folium	7.5%	1.12 g / 2-3 times daily	41
Menthae piperitae herba	9.10%	150 mg / 1-2 times daily for adolescent, 3 times daily for adults	8
Verbenae citriodoraefolium	7.5%	1.12 g / 2-3 times daily	41
Summary	7.5-9.10%	Single dose: 150-1120 mg Frequency: 1-2 times daily for adolescents and 3 times daily for adults Monograph Single dose: 2-5 g Daily dose: 6-15 g Frequency: 3 times daily	

Table 6: Anisi fructus in combinations

Combination partner	Amount Anisi fructus in combination	Single dose Anisi fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Althaea radix	25%	3.75 g / 2-3 times daily	41
Carvi fructus	20-30%	2.1-2.7 g / several times daily	13
	15-30%	0.9-2.5 g / several times daily	15, 18, 19, 20

Combination partner	Amount Anisi fructus in combination	Single dose Anisi fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
	40%	400 mg / 2 times daily	34
Centaurii herba	11%	110 mg / 2-3 times daily	37
Foeniculi amari fructus	20-30%	2.1-2.7 g / several times daily	13
	15-30%	0.9-2.5 g / several times daily	15, 18, 19, 20
	40%	400 mg / 2 times daily	34
	11%	110 mg / 2-3 times daily	37
	35.18%	0.5 g / 2 times daily	40
	25%	3.75 g / 2-3 times daily	41
Matricariae flos	15-30%	0.9-2.5 g / several times daily	19, 20
	11%	110 mg / 2-3 times daily	37
	25%	3.75 g / 2-3 times daily	38, 41
	20%	3 g / several times daily	43
Melissae folium	35.18%	3.75 g / 2 times daily	40
	25%	3.75 g / 2-3 times daily	41
Menthae piperitae folium	15-30%	0.9-2.5 g / several times daily	18, 19
	11%	110 mg / 2-3 times daily	37
	25%	3.75 g / 2-3 times daily	38, 39
	20%	3 g / several times daily	43
Menyanthis trifoliatae folium	11%	110 mg / 2-3 times daily	37
Millefolii herba	15-30%	0.9-2.5 g / several times daily	20
	25%	3.75 g / 2 times daily	38
Rosmarini folium	20%	3 g / several times daily	43
Verbenae citriodoraе folium	25%	3.75 g / 2-3 times daily	41
	20%	3 g / several times daily	43
Summary	10-40%	Single dose: 0.11-2.5 g Frequency: several times	

Combination partner	Amount Anisi fructus in combination	Single dose Anisi fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
		daily Monograph Single dose: 1-3.5 g Daily dose: 3-10.5 g Frequency: 3 times daily	

Table 7: Boldi folium in combinations

Combination partner	Amount Boldi folium in combination (excl. excipients)	Single dose Boldi folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Fumariae herba	32%	4.8 g / 2 times daily	53
Marrubii herba	10%	200 mg / 3 times daily	7
Matricariae flos	10%	200 mg / 3 times daily	7
Menthae piperitae folium	32%	4.8 g / 2 times daily	53
Menyanthis trifoliatae folium	32%	4.8 g / 2 times daily	53
Rosmarini folium	32%	4.8 g / 2 times daily	53
Taraxaci radix cum herba	10%	200 mg / 3 times daily	7
	32%	4.8 g / 2 times daily	53
Summary	10-32%	Single dose: 200-4800 mg Frequency: 2-3 times daily Monograph Single dose: 1-2 g Frequency: 2-3 times daily	

Table 8: Carvi fructus in combinations

Combination partner	Amount Carvi fructus in combination (excl. excipients)	Single dose Carvi fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Anisi fructus	20-40%	0.14-0.36 g / several times daily	13
	15-30%	0.9-2.7 g / several times daily	15, 17, 18, 19, 20
	20%	0.4 g / 2 times daily	34
Curcumae xanthorrhizae rhizoma	10%	0.6 g / 3-4 times daily	30
Foeniculi amari fructus	20-40%	0.14-0.36 g / several times daily	13
	20-30%	0.12-0.27 g / several times daily	14
	15-30%	0.9-2.7 g / several times daily	15, 17, 18, 19, 2
	20-35%	1.2-3.15 g / several times daily	06
	20%	0.4 g / 2 times daily	34
	10%	1.5 g / 3 times daily	49
Matricariae flos	25%	1.25-1.5 g / several times daily	12
	15-30%	0.9-2.7 g / several times daily	17, 19, 20
	16.5%	0.165 g / 3-4 times daily	33
	10%	1.5 g / 3 times daily	49
	25%	0.357 g / several times daily	56
Menthae piperitae folium	25%	1.25-1.5 g / several times daily	12
	15-30%	0.9-2.7 g / several times daily	18, 19
	10%	0.6 g / 3-4 times daily	30
	16.5%	0.165 g / 3-4 times daily	33
	10%	0.357 g / several times daily	49
	25%	0.357 g / several times daily	56
Millefolii herba	15-30%	0.9-2.7 g / several times daily	20
	10%	1.5 g / 3 times daily	54
Taraxaci herba cum radice	10%	0.6 g / 3-4 times daily	30

Combination partner	Amount Carvi fructus in combination (excl. excipients)	Single dose Carvi fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Summary	10-40%	Single dose: 0.12-3.15 g Frequency: several times daily Monograph Single dose: 0.5-2 g Daily dose: 0.5-6 g Frequency: 1-3 times daily	

Table 9: Centaurii herba in combinations

Combination partner	Amount: Centaurii herba in combination (excl. excipients)	Single dose: Centaurii herba / daily dose Frequency	Reference (# in tables 1 and 2)
Absinthii herba	25%	1 g / several times daily	24
	10-25%	0.4-1 g / several times daily	28
	10-25%	0.4-1 g / several times daily	29
Cinnamomi cortex	25%	1 g / several times daily	24
Foeniculi amari fructus	10%	300 mg / 3 times daily	11
		165 mg / 4 times daily	50
Gentianae radix	25%	1 g / several times daily	24
	10-35%	0.4-1 g / several times daily	27, 28, 29
	10-35%		
	10-25%		
Hyperici herba	10%	300 mg / 3 times daily	11
Matricariae flos	10%	300 mg / 3 times daily	11
	14%	60 mg / 2-3 times daily	37
Menthae piperitae folium	10%	300 mg / 3 times daily	11
Millefolii herba	10-25%	0.4-1 g / several times daily	27
	30%	495 mg / 2-3 times daily	52
Rosmarini folium	15%	3 g / 3 times daily	48

Combination partner	Amount: Centaurii herba in combination (excl. excipients)	Single dose: Centaurii herba / daily dose Frequency	Reference (# in tables 1 and 2)
Taraxaci herba	10-35%	0.4-1 g / several times daily	27
	30%	495 mg / 2-3 times daily	52
Summary	10-35%	Single dose: 300-1000 mg Frequency: 3 to several times daily Monograph Single dose: 1-4 g Frequency: up to 4 times daily	

Table 10: Cinnamomi cortex in combinations

Combination partner	Amount: Cinnamomi cortex in combination (excl. excipients)	Single dose: Cinnamomi cortex/ daily dose Frequency	Reference (# in tables 1 and 2)
Absinthii herba	10%	0.4 g / several times daily	24
Centaurii herba	10%	0.4 g / several times daily	24
Gentianae radix	10%	0.4 g / several times daily	24
Summary	10%	Single dose: 40 mg Frequency: several times daily Monograph Single dose: 0.5-1 g Frequency: up to 4 times daily	

Table 11: Curcumae xanthorrhizae rhizoma in combinations

Combination partner	Amount: C. xanthorrhizae rhizoma in combination (excl. excipients)	Single dose: C. xanthorrhizae/ daily dose Frequency	Reference (# in tables 1 and 2)
Carvi fructus	20%	1.2 g / 3-4 times daily	30

Combination partner	Amount: C. xanthorrhizae rhizoma in combination (excl. excipients)	Single dose: C. xanthorrhizae/ daily dose Frequency	Reference (# in tables 1 and 2)
Menthae piperitae herba	15-20%	1.2 g / 3-4 times daily 0.6-0.8 g / 3-4 times daily	30 31
Millefolii herba	15-20%	0.6-0.8 g / 3-4 times daily	31
Taraxaci radix cum herba	15-20%	0.6-0.8 g / 3-4 times daily	31
Summary	15-20%	Single dose: 0.6-1.2 g Frequency: 3-4 times daily Monograph Single dose: 1 g Frequency: 3 times daily	

Table 12: Foeniculi amari fructus in combinations

Combination partner	Amount Foeniculi amari fructus in combination (excl. excipients)	Single dose Foeniculi amari fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Anisi fructus	15-30% 40% 14%	0.9-2.7 g / several times daily 0.8 g / 2 times daily 0.14 g / 2-3 times daily	15, 17, 18, 19, 20 34 37
Carvi fructus	20-30% 15-30% 20-35% 40%	1.2-2.7 g / several times daily 0.9-2.7 g / several times daily 1.2-3.15 g / several times daily 0.8 g / 2 times daily	14 15, 17, 18, 19, 20 16 34
Centauri herba	14%	0.14 g / 2-3 times daily	37
Matricariae flos	15-30% 14%	0.9-2.7 g / several times daily 0.14 g / 2-3 times daily	17, 19, 20 37

Combination partner	Amount Foeniculi amari fructus in combination (excl. excipients)	Single dose Foeniculi amari fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Menyanthis trifoliatae folium	14%	0.14 g / 2-3 times daily	37
Menthae piperitae folium	15-30% 14%	0.9-2.7 g / several times daily 0.14 g / 2-3 times daily	18, 19 37
Millefolii herba	15-30%	0.9-2.7 g / several times daily	20
Summary	14-30%	Single dose: 0.14-2.7 g Frequency: 2 to several times daily Monograph Children between 4 and 12 years of age: Daily dose 3-5 g divided in three doses Adolescents and adults: 1.5-2.5 g / 3 times daily	

Table 13: Foeniculi dulcis fructus in combinations

Combination partner	Amount Foeniculi dulcis fructus in combination (excl. excipients)	Single dose Foeniculi dulcis fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Althaeae radix	22%	330 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
Centaurii herba	5%	150 mg / 3 times daily	11

Combination partner	Amount Foeniculi dulcis fructus in combination (excl. excipients)	Single dose Foeniculi dulcis fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
Hyperici herba	5%	150 mg / 3 times daily	11
Liquiritiae radix	22%	330 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
Matricariae flos	22%	330mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
	5%	150 mg / 3 times daily	11
Menthae piperitae herba	22%	330 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
	5%	150 mg / 3 times daily	11
Summary	5-22%	Single dose: 150-330 mg Frequency: Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily Monograph Children between 4 and 12 years of age: Daily dose 3-5 g divided in three doses	

Combination partner	Amount Foeniculi dulcis fructus in combination (excl. excipients)	Single dose Foeniculi dulcis fructus/ daily dose Frequency	Reference (# in tables 1 and 2)
		Adolescents and adults: 1.5 - 2.5 g / 3 times daily	

Table 14: Fumariae herba in combinations

Combination partner	Amount Fumariae herba in combination (excl. excipients)	Single dose Fumariae herba/ daily dose Frequency	Reference (# in tables 1 and 2)
Boldi folium	13%	1.95 g / 2 times daily	53
Mentha piperitae folium	13%	1.95 g / 2 times daily	53
Menyanthidis trifoliatae folium	13%	1.95 g / 2 times daily	53
Rosmarini folium	13%	1.95 g / 2 times daily	53
Taraxaci folium	13%	1.95 g / 2 times daily	53
Summary	13%	Single dose: 390 mg Frequency: 2 times daily Monograph Single dose: 2 g Daily dose: 2-4 g Frequency: 1-2 times daily	

Table 15: Gentianae radix in combinations

Combination partner	Amount Gentianae radix in combination (excl. excipients)	Single dose Gentianae radix/ daily dose Frequency	Reference (# in tables 1 and 2)
Absinthii herba (Artemisiae herba)	20%	0.8 g / several times daily	24
	10-30%	0.4-1.2 g / several times daily	28
	10-15%	0.4-0.6 g / several times	29

Combination partner	Amount Gentianae radix in combination (excl. excipients)	Single dose Gentianae radix/ daily dose Frequency	Reference (# in tables 1 and 2)
		daily	
Centaurii herba	20%	0.8 g / several times daily	24
	10-30%	0.4-1.2 g / several times daily	27, 28
	10-15%	0.4-0.6 g / several times daily	29
Cinnamomi cortex	20%	0.8 g / several times daily	24
Foeniculi dulcis fructus	8.5%	0.14 g / 2-3 times daily	51
Liquiritae radix	8.5%	0.14 g / 2-3 times daily	51
Matricariae flos	8.5%	0.14 g / 2-3 times daily	51
Millefolii herba	10-30%	0.4-1.2 g / several times daily	28
Taraxaci herba cum radice	10-30%	0.4-1.2 g / several times daily	27
Summary	8.5-30%	Single dose: 0.4-1.2 g Frequency: several times daily Monograph Single dose: 1-2 g Daily dose: 3-8 g Frequency: 3-4 times daily	

Table 16: Hyperici herba in combinations

Combination partner	Amount Hyperici herba in combination (excl. excipients)	Single dose Hyperici herba / daily dose Frequency	Reference (# in tables 1 and 2)
Centaurii herba	10%	300 mg / 3 times daily	11
Matricariae flos	10%	300 mg / 3 times daily	11
Foeniculi amaris fructus	10%	300 mg / 3 times daily	11
Matricariae flos	10%	300 mg / 3 times daily	11
Mentha piperitae folium	10%	300 mg / 3 times daily	11

Combination partner	Amount Hyperici herba in combination (excl. excipients)	Single dose Hyperici herba / daily dose Frequency	Reference (# in tables 1 and 2)
Summary	10%	Single dose: 300 mg Frequency: 3 times daily Monograph Single dose: 2 g Daily dose: 4 g	

Table 17: Liquiritiae radix in combinations

Combination partner	Amount Liquiritiae radix in combination (excl. excipients)	Single dose Liquiritiae radix / daily dose Frequency	Reference (# in tables 1 and 2)
Althaeae radix	2%	30 mg Children 4 to 11 years: 1-2 times daily Adolescents and adults: 3 times daily	8
Matricariae flos	2% 7% 15-35%	30 mg Children 4 to 11 years: 1-2 times daily Adolescents and adults: 3 times daily 105 mg / 3 times daily 0.6-2.15 g / several times daily	8 10 22, 23
Foeniculi amariss fructus	2%	30 mg Children 4 to 11 years: 1-2 times daily Adolescents and adults: 3 times daily	8
Mentha piperitae folium	2%	30 mg Children 4 to 11 years:	8

Combination partner	Amount Liquiritiae radix in combination (excl. excipients)	Single dose Liquiritiae radix / daily dose Frequency	Reference (# in tables 1 and 2)
	7% 15-35%	1-2 times daily Adolescents and adults: 3 times daily 105 mg / 3 times daily 0.6-2-15 g / several times daily	10 22
Millefolii herba	15-35%	0.6-2.15 g / several times daily	23
Salviae officinalis folium	7%	105 mg / 3 times daily	10
Summary	2-35%	Single dose: 0.6-2.15 g Frequency: 3 to several times daily Monograph Single dose: 1.5-2 g Daily dose: 3-8 g Frequency: 2-4 times daily	

Table 18: Marrubii herba in combinations

Combination partner	Amount Marrubii herba in combination (excl. excipients)	Single dose Marrubii herba/ daily dose Frequency	Reference (# in tables 1 and 2)
Boldi folium	25%	500 mg / 3 times daily	7
Matricariae flos	25%	500 mg / 3 times daily	7
Mentha piperitae folium	25%	500 mg / 3 times daily	7
Taraxaci radix cum herba	25%	500 mg / 3 times daily	7
Summary	25%	Single dose: 500 mg Daily dose: 1500 mg Frequency: 3 times daily Monograph Single dose: 1-2 g	

Combination partner	Amount Marrubii herba in combination (excl. excipients)	Single dose Marrubii herba/ daily dose Frequency	Reference (# in tables 1 and 2)
		Daily dose: 3-6 g Frequency: 3 times daily	

Table 19: Matricariae flos in combinations

Combination partner	Amount Matricariae flos in combination (excl. excipients)	Single dose Matricariae flos/ daily dose Frequency	Reference (# in tables 1 and 2)
Althaea radix	12.5%	0.94 g / 2-3 times daily	41
Carvi fructus	20-30%	2.1-2.7 g / several times daily	13
	15-30%	0.9-2.5 g / several times daily	15, 18, 19, 20
	40%	400 mg / 2 times daily	34
Centauri herba	11%	110 mg / 2-3 times daily	37
Foeniculi amari fructus	20-30%	2.1-2.7 g / several times daily	13
	15-30%	0.9-2.5 g / several times daily	15, 18, 19, 20, 34
	40%	400 mg / 2 times daily	37
	11%	110 mg / 2-3 times daily	41
	25%	0.94 g / 2-3 times daily	
Menthae piperitae folium	15-30%	0.9-2.5 g / several times daily	18,19
	11%	110 mg / 2-3 times daily	37
	25%	3.75 g / 2 times daily	38
	10%	1.5 g / several times daily	43
Menyanthidis trifoliatae folium	11%	110 mg / 2-3 times daily	37
Millefolii herba	15-30%	0.9-2.5 g / several times daily	20
	25%	3.75 g / 2 times daily	38

Combination partner	Amount Matricariae flos in combination (excl. excipients)	Single dose Matricariae flos/ daily dose Frequency	Reference (# in tables 1 and 2)
Rosmarini folium	10%	1.5 g / several times daily	43
Verbenae citriodoraе folium	12.5%	0.94 g / 2-3 times daily	41
	10%	1.5 g / several times daily	43
Summary	10-40%	<p>Single dose: 94-2700 mg</p> <p>Frequency: several times daily</p> <p>Monograph</p> <p>Adolescents, adults and elderly</p> <p>Single dose: 1.5-4 g</p> <p>Daily dose: 3-4 times Children (6 months - 2 years)</p> <p>Single dose: 0.5-1.0 g</p> <p>Daily dose: 2-4 times Children (2-6 years)</p> <p>Single dose: 1.0-1.5 g</p> <p>Daily dose: 2-4 times Children (6-12 years)</p> <p>Single dose: 1.5-3.0 g</p> <p>Daily dose: 2-4 times</p>	

Table 20: Melissaе folium in combinations

Combination partner	Amount Melissae folium in combination (excl. excipients)	Single dose Melissaе folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Anisi fructus	28%	392 mg / 2 times daily	40
	20%	450 mg / 2-3 times daily	41
	10%	450 mg / 2-3 times daily	42
Artemisiae herba	10-35%	0.2-1.05 g / several times daily	26
Foeniculi fructus	28%	392 mg / 2 times daily	40

Combination partner	Amount Melissae folium in combination (excl. excipients)	Single dose Melissae folium/ daily dose Frequency	Reference (# in tables 1 and 2)
	20%	450 mg / 2-3 times daily	41
Matricaria flos	20%	450 mg / 2-3 times daily	41
	10%		42
Millefolii herba	10-35%	0.2-1.05 g / several times daily	26
Summary	10-35%	Single dose: 0.2-1.05 g Frequency: several times daily Monograph Single dose: 1.5-4.5 g Frequency: 1-3 times daily	

Table 21: Menyanthis trifoliatae folium in combinations

Combination partner	Amount Menyanthis trifoliatae folium in combination (excl. excipients)	Single dose Menyanthis trifoliatae folium / daily dose Frequency	Reference (# in tables 1 and 2)
Boldo folium	11%	1.65 g	53
Fumariae herba		2 times daily	
Menthae piperitae folium			
Rosmarini folium			
Taraxaci radix cum herba			
Summary	11%	Single dose: 1.65 g Frequency: 2 times daily Monograph Single dose: 0.4-1.6 g Daily dose: 0.8 - max 4.8 g Frequency: 2-4 times daily	

Table 22: Mentha piperitae folium in combinations

Combination partner	Amount Menthae piperitae folium in combination (excl. excipients)	Single dose Menthae piperitae folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Althaeae radix	12%	180 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
Anisi fructus	20-40%	1.2-3.6 g / several times daily	18
	10-40%	0.6-3.6 g / several times daily	19
	14%	0.24 g / 2-3 times daily	37
	35%	5.25 g / 2 times daily	38
	25%	3.75 g / 2-5 times daily	39
	11%	165 mg / several times daily	43
Artemisiae herba	20%	350 mg / 4 times daily	32
Boldo folium	10%	200 mg / 3 times daily	7
	9%	1.35 g / 2 times daily	53
Carvi fructus	25%	1.25-1.5 g / several times daily	12
	20-40%	1.2-3.6 g / several times daily	18
	10-40%	0.6-3.6 g / several times daily	19
	20%	1.2 g / several times daily	30
	33.5%	586.25 mg / 3-4 times daily	33
	31%	4.65 g / 3 times daily	49
Centaurii herba	10%	300 mg / 3 times daily	11
	14%	0.24 g / 2-3 times daily	37
	20%	0.33 g / 4 times daily	50
Curcumae xanthorrhizae rhizoma	20%	1.2 g / several times daily	30, 31

Combination partner	Amount Menthae piperitae folium in combination (excl. excipients)	Single dose Menthae piperitae folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Foeniculi fructus	12%	180 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
	10%	300 mg / 3 times daily	11
	20-40%	1.2-3.6 g / several times daily	18
	10-40%	0.6-3.6 g / several times daily	19
	14%	0.24 g / 2-3 times daily	37
	31%	4.65 g / 3 times daily	49
	20%	0.33 g / 4 times daily	50
Fumariae herba	9%	1.35 g / 2 times daily	53
Hyperici herba	10%	300 mg / 3 times daily	11
Liquiritiae radix	12%	180 mg Children 4 to 11 years: 2 times daily Adolescents and adults: 3 times daily	8
	7%	105 mg / 3 times daily	10
	15-40%	0.6-2.4 g / several times daily	22
	20%	0.33 g / 4 times daily	50
Marrubii herba	10%	200 mg / 3 times daily	7
Matricariae flos	10%	200 mg / 3 times daily	7
	12%	180 mg Children 4 to 11 years: 2 times daily	8

Combination partner	Amount Menthae piperitae folium in combination (excl. excipients)	Single dose Menthae piperitae folium/ daily dose Frequency	Reference (# in tables 1 and 2)
	7%	Adolescents and adults: 3 times daily 105 mg / 3 times daily 300 mg / 3 times daily	10
	10%	1.25-1.5 g / several times daily	11
	25%	0.6-3.6 g / several times daily	12
	10-40%	0.6-1.4 g / several times daily	19
	20-35%	0.6-2.4 g / several times daily	21
	15-40%	586.25 mg / 3-4 times daily	22
	33.5%	0.24 g / 2-3 times daily	33
	14%	5.25 g / 2 times daily	37
	35%	165 mg / several times daily	
	11%	275-550 mg / 3-4 times daily	38
	22%	473-947 mg / 3-4 times daily	43
	39.48%	4.65 g / 3 times daily	46
	31%	375 mg / several times daily	47
	25%		49
			56
Menyanthis trifoliatae folium	14%	586.25 mg / 3-4 times daily	37
	9%	586.25 mg / 3-4 times daily	53
Millefolii herba	20-35%	0.6-1.4 g / several times daily	21
	20%	1.2 g / several times daily	31
	35%	5.25 g / 2 times daily	38
	20%	0.33 g / 4 times daily	50

Combination partner	Amount Menthae piperitae folium in combination (excl. excipients)	Single dose Menthae piperitae folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Rosmarini folium	11%	165 mg / several times daily	43
	9%	1.35 g / 2 times daily	53
Salviae officinalis folium	7%	105 mg / 3 times daily	10
Taraxaci radix cum herba	10%	200 mg / 3 times daily	7
	20%	1.2 g / several times daily	30, 31
	9%	1.35 g / 2 times daily	53
Verbenae citriodora folium	11%	165 mg / several times daily	43
Summary	7-40%	Single dose: 0.1-5.25 g Frequency: several times daily Monograph Daily dose: 4.5-9 g Divided in three single doses	

Table 23: Millefolii herba/flos in combinations

Combination partner	Amount Millefolii in combination (excl. excipients)	Single dose Millefolii/ daily dose Frequency	Reference (# in tables 1 and 2)
Althaeae radix	20%	0.3 g / 2 times daily	45
Anisi fructus	15%	2.25 g / 2-3 times daily	38
Boldii folium	20%	0.3 g / 2 times daily	45
Carvii fructus	5%	0.75 g / 3 times daily	49
Centaurii herba	50%	0.82 g / 4 times daily	50
	27.7%	69.4-138.8 mg / 3 times daily	52
Foeniculi fructus	20%	0.3 g / 2 times daily	45
	5%	0.75 g / 3 times daily	49
	50%	0.82 g / 4 times daily	50
	27.7%	69.4-138.8 mg / 3 times	52

Combination partner	Amount Millefolii in combination (excl. excipients)	Single dose Millefolii/ daily dose Frequency	Reference (# in tables 1 and 2)
		daily	
Liquiritae radix	50%	0.82 g / 4 times daily	50
	27.7%	69.4-138.8 mg / 3 times daily	52
Matricariae flos	15%	2.25 g / 2-3 times daily	42
	5%	0.75 g / 3 times daily	49
Melissae folium	15%	2.25 g / 2-3 times daily	42
Menthae piperitae	5%	0.75 g / 3 times daily	49
	50%	0.82 g / 4 times daily	50
		69.4-138.8 mg / 3 times daily	
Summary	5-50%	Single dose: 240-820 mg Frequency: 2-4 times daily Monograph Single dose: 2-4 g Frequency: 3-4 times daily	

Table 24: Rosmarini folium in combinations

Combination partner	Amount Rosmarini folium in combination (excl. excipients)	Single dose Rosmarini folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Anisi fructus	10%	1.5 g / several times daily	43
Boldi folium	16%	2.4 g / 2 times daily	53
Fumariae herba	16%	2.4 g / 2 times daily	53
Matricariae flos	10%	1.5 g / several times daily	43
Menthae piperitae folium	10%	1.5 g / several times daily	43
	16%	2.4 g / 2 times daily	53
Menyanthidis trifoliatae folium	16%	2.4 g / 2 times daily	53

Combination partner	Amount Rosmarini folium in combination (excl. excipients)	Single dose Rosmarini folium/ daily dose Frequency	Reference (# in tables 1 and 2)
Taraxaci radix cum herba	16%	2.4 g / 2 times daily	53
Verbenae citriodoraefolium	10%	1.5 g / several times daily	43
Summary	10-16%	Single dose: 100-2400 mg Frequency: 2-3 times daily Monograph Single dose: 1-2 g Daily dose: 2-6 g Frequency: 2-3 times daily	

Table 25: Salviae officinalis folium in combinations

Combination partner	Amount Salviae officinalis folium in combination (excl. excipients)	Single dose Salviae officinalis folium / daily dose Frequency	Reference (# in tables 1 and 2)
Liquiritiae radix	7%	105 mg / 3 times daily	10
Matricariaeflos	7%	105 mg / 3 times daily	10
Menthaepiperitae folium	7%	105 mg / 3 times daily	10
Summary	7%	Single dose: 105 mg Daily dose: 315 mg Frequency: 3 times daily Monograph Single dose: 1-2 g Frequency: 3 times daily	

Table 26: Taraxaci radix cum herba in combinations

Combination partner	Amount Taraxaci radix cum herba in combination (excl. excipients)	Single dose Taraxaci radix cum herba/ daily dose Frequency	Reference (# in tables 1 and 2)
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Combination partner	Amount Taraxaci radix cum herba in combination (excl. excipients)	Single dose Taraxaci radix cum herba/ daily dose Frequency	Reference (# in tables 1 and 2)
Boldi folium	19%	2.85 g / 2 times daily	53
Centaurii herba	25%	0.825-1.24 g / 2-3 times daily	52
Fumariae folium	19%	2.85 g / 2 times daily	53
Menthae piperitae folium	19%	2.85 g / 2 times daily	53
Menyanthidis trifoliatae folium	19%	2.85 g / 2 times daily	53
Rosmarini folium	19%	2.85 g / 2 times daily	53
Summary	19-25%	Single dose: 200-2850 mg Frequency: 2-3 times daily Monograph Single dose: 3-4 g as a decoction or 4-10 g as an infusion Frequency: up to 3 times daily	

Table 27.1: Combination of a herbal substance (left row) with other herbal substances (excipients excluded) based on documented traditional medicinal use. Numbers indicate the percentage of the herbal substance. (Instructions and an example how to apply the table are given on the following page.)

	Absinthii herba	Aloysiae folium	Althaeae radix	Anisi fructus	Boldi folium	Carvi fructus	Centaurii herba	Cinnamomi cortex	Curcumae xanthorrhizae rhizoma
Absinthii herba							25%	25%	
Althaeae radix		7.5%		7.5%					
Anisi fructus		20-25%	25%			15-40%	11%		
Boldi folium									
Carvi fructus				15-40%					10%
Centaurii herba	10-25%							25%	
Cinnamomi cortex	10%						10%		
Curcumae xanthorrhizae rhizoma						20%			
Foeniculi amari fructus				15-30% / 40%		15-40%	14%		
Foeniculi dulcis fructus			22%				5%		
Fumariae					13%				

	Absinthii herba	Aloysiae folium	Althaeae radix	Anisi fructus	Boldi folium	Carvi fructus	Centaurii herba	Cinnamomi cortex	Curcumae xanthorrhizae rhizoma
herba									
Gentianae radix							10-30%	20%	
Hyperici herba							10%		
Liquiritiae radix			2%						
Marrubii herba					25%				
Matricariae flos		10-12.5%	12.5%			15-30% / 40%	11%		
Melissae folium	10-35%			10-28%					
Menthae piperitae herba	20%	11%	12%	10-40%	10%	10-40%	10% / 20%		20%
Menyanthidis folium					11%				
Millefolii herba/flos			20%	15%	20%	5%	27.7% / 50%		
Rosmarini folium		10%		10%	16%				

	Absinthii herba	Aloysiae folium	Althaeae radix	Anisi fructus	Boldi folium	Carvi fructus	Centaurii herba	Cinnamomi cortex	Curcumae xanthorrhizae rhizoma
Salviae officinalis folium									
Taraxaci radix cum herba					19%		25%		
Verbenae citriodora folium			10%	10%					

Table 27.2: Combination of a herbal substance (left row) with other herbal substances (excipients excluded) based on documented traditional medicinal use. Numbers indicate the percentage of the herbal substance

	Foeniculi amari fructus	Foeniculi dulcis fructus	Fumariae herba	Gentianae radix	Hyperici herba	Liquiritiae radix	Marrubii herba	Matricariae flos	Melissae folium	Menthae piperitae herba
Absinthii herba				10-25%					50%	17.5%
Althaeae radix	9.1% / 7.5%					9.1%		9.1% / 7.5%		9.1%
Anisi fructus	11-40%							11-30%	25-35%	
Boldi folium			32%				10%	10%		10% / 32%
Carvi fructus	10% / 15-40%							10% / 15-30%		10% / 15-30%

	Foeniculi amari fructus	Foeniculi dulcis fructus	Fumariae herba	Gentianae radix	Hyperici herba	Liquiritiae radix	Marrubii herba	Matricariae flos	Melissae folium	Menthae piperitae herba
Centaurii herba	10%			25%	10%			10%		10%
Cinnamomi cortex				10%						
Curcumae xanthorrhizae rhizoma										15-20%
Foeniculi amari fructus								14-30%		14-30%
Foeniculi dulcis fructus					5%	22%		5% / 22%		5% / 22%
Fumariae herba										13%
Gentianae radix		8.5%				8.5%		8.5%		
Hyperici herba	10%							10%		10%
Liquiritiae radix	2%							2% / 7% / 15-35%		2% / 7% / 15-35%
Marrubii herba								25%		25%
Matricariae flos	11% / 15-40%								12.5%	10-30%
Melissae folium	20% / 28%							10% / 20%		
Menthae piperitae herba	10-40%		9%		10%	10% / 15-40%	10%	7% / 10-40%	10%	

	Foeniculi amari fructus	Foeniculi dulcis fructus	Fumariae herba	Gentianae radix	Hyperici herba	Liquiritiae radix	Marrubii herba	Matricariae flos	Melissae folium	Menthae piperitae herba
Menyanthidis folium			11%							11%
Millefolii herba/flos	20-50%					27.7% / 50%		5% / 15%	15%	5% / 50%
Rosmarini folium			16%					10%		10% / 16%
Salviae officinalis folium						7%		7%		7%
Taraxaci radix cum herba			19%							19%
Verbenae citriodoraе folium								10%		10%

Table 27.3: Combination of a herbal substance (left row) with other herbal substances (excipients excluded) based on documented traditional medicinal use. Numbers indicate the percentage of the herbal substance

	Menyanthidis folium	Millefolii herba/flos	Rosmarini folium	Salviae officinalis folium	Taraxaci radix cum herba	Range
Absinthii herba		10-25% / 50%				10-50%
Althaeae radix						10%
Anisi fructus		15-30%	20%			10-40%
Boldi folium	32%		32%		10% / 32%	10-32%
Carvi fructus		15-30% / 10%			10%	10-40%
Centaurii herba		10-30%	15%		10-35%	10-35%
Cinnamomi cortex						10%
Curcumae xanthorrhizae rhizoma		15-20%			15-20%	15-20%
Foeniculi amari fructus	14%	15-30%				14-40%
Foeniculi dulcis fructus						10-22%
Fumariae herba	13%		13%		13%	13%
Gentianae radix		10-30%			10-30%	10-30%
Hyperici herba						10%
Liquiritiae radix		15-35%		7%		10-35%
Marrubii herba					25%	25%
Matricariae flos	11%	15-30%	10%			10-40%
Melissae folium		10-35%				10-35%
Menthae piperitae herba	9-14%	20-35%	10%	7%	10% / 20%	10-40%
Menyanthidis folium			11%		11%	11%

	Menyanthidis folium	Millefolii herba/flos	Rosmarini folium	Salviae officinalis folium	Taraxaci radix cum herba	Range
Millefolii herba/flos						10-50%
Rosmarini folium	16%				16%	10-16%
Salviae officinalis folium						10%
Taraxaci radix cum herba	19%		19%			19-25%
Verbenae citriodoraе folium			10%			10%

How to use the information on traditional medicinal use of these combinations?

Evidence for combination: the filled grey-shaded fields in table 27 indicate combinations with evidence of traditional medicinal use. Example: Boldi folium has evidence of combination with Agrimoniae herba, Fumariae herba, Marrubi herba, Matricaria flos, Menthae piperitae herba, Rosmarini folium and Taraxaci radix cum herba. Out of these documented combinations the combination partners for an application for a traditional herbal medicinal product may be chosen.

Number of combination partners: The number of active substances in a herbal tea combination should be limited to a maximum of 4 based on the corresponding products and the references used for assessment. Further herbal substances may be added as excipients, their number, amount and function should be justified.

Amount of each herbal substance in the combination: The very right column indicates the traditional percentages of the herbal substance in the combinations. The calculation is based on those combination partners only, which are mentioned in the table. The amount in a traditional herbal medicinal product should be within this range. The sum of active ingredients should end up with 100%. Excipients are not considered in this range.

Example: Combination of Foeniculi amari fructus + Anisi fructus + Centaurii herba + Matricariae flos. The combination should contain 14-40% Foeniculi amari fructus, 10-40% Anisi fructus, 10-25% Centaurii herba, 10-40% Matricariae flos. Therefore, a combination of 30% Foeniculi amari fructus, 20% Anisi fructus, 20% Centaurii herba and 30% Matricariae flos is covered by this assessment and by the European Union monograph.

Information from published European Union herbal monographs Indication:

Absinthii herba	Traditional herbal medicinal product for mild dyspeptic/gastrointestinal disorders.
Althaeae radix	
Anisi fructus	Symptomatic treatment of mild digestive complaints including bloating and flatulence.
Boldi folium	Symptomatic relief of mild gastrointestinal

Carvi fructus	discomfort mild, spasmodic gastro-intestinal complaints including bloating and flatulence. Symptomatic treatment of mild, spasmodic gastro-intestinal complaints including bloating and flatulence. Symptomatic relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract. Symptomatic relief of digestive disorders such as bloating and flatulence. Symptomatic treatment of digestive disturbances, such as feelings of fullness, slow digestion and flatulence. Relief of mild digestive disorders such as bloating and flatulence. Symptomatic relief of mild gastrointestinal discomfort. Relief of digestive symptoms including burning sensation and dyspepsia. Symptomatic treatment of minor gastro-intestinal complaints such as bloating and minor spasms. Mild dyspeptic complaints such as heartburn and bloating.
Centaurii herba	
Cinnamomi cortex	
Curcumae xanthorrhizae rhizoma	
Foeniculi amari fructus	
Foeniculi dulcis fructus	
Gentianae radix	
Hyperici herba	
Liquiritiae radix	
Marrubii herba	
Matricariae flos	
Melissae folium	
Menthae piperitae herba	
Menyanthidis folium	
Millefolii herba/flos	
Rosmarini folium	
Salviae officinalis folium	
Taraxaci radix cum herba	
Verbenae citriodoraе folium	
Fumariae herba	THMP used to increase bile flow for the relief of symptoms of indigestion (such as sensation of fullness, flatulence and slow digestion).

Assessment for combinations: According to the indications of medicinal products on the market and the terminology of the monographs already approved, the indication “*Traditional herbal medicinal product for the symptomatic relief of mild dyspeptic/gastrointestinal disorders including bloating and flatulence*” appears suitable to all combinations.

Posology:

Based on the information from marketed products the single dose of herbal tea combinations is in the range between 1.3 and 1.8-2 g. The single and daily dosages of most herbal substances are below the dosages states in the monographs for the single herbal substances, except for Curcumae xanthorrhizae rhizoma, Liquiritiae radix and Taraxaci radix cum herba. Thus, the single dose for the combinations should be set to about 1.5–2 g (active herbal substances, excluding excipients).

When the herbal substance percentage is below 10 in the combination, it can be considered as excipient and thus, it is not taken in account for the daily frequency which should be conditioned by a certain product. Only the daily dose is included.

The mean dosage frequency is 2-3 times daily. Many references do report a ‘several times daily’ frequency. It can be assumed that the traditional use of herbal teas in general is linked to a ‘3 times

daily' dosage frequency, especially for those herbal substances whose therapeutic effect is linked to digestive disorders and can be taken after each main meal of the day. Considering the European Union herbal monographs for the single herbal substances, the dosage frequency for adults is set to 3 times daily for all combinations.

Combinations containing *Althaeae radix*, *Foeniculi amari fructus*, *Marrubii herba*, *Matricariae flos*, *Menthae piperitae herba* or *Verbenae citriodoraefolium* can be given to adolescents, adults and elderly. The posology for adolescents gives the same single dose, 1.5–2 g of the herbal tea combination, with a dosage frequency of 1-2 times daily.

The possible daily dosages of the herbal substances in combination products is below the maximum posology as given in the HMPc monographs for the single active substances

Table 28 shows the posology for each one of the herbal substances when used alone or in combination products.

Table 28: Comparison of the daily dose in the combinations with the upper limit according to the HMPc monographs

	Range in combinations	Single dose/ Frequency	Maximum daily dose HMPc monograph
Absinthii herba	10-50%	0.175-1 g / 2-3 times daily	2-3 g
Aloysiae folium	10%	1.5 g / 2-3 times daily	9 g
Althaeae radix	10%	0.15-1.12 g / 3 times daily	6-15 g
Anisi fructus	10-40%	0.11-2.5 g / 2-3 times daily	3-10.5 g
Boldi folium	10-32%	0.2-4.8 g / 2-3 times daily	2-6 g
Carvi fructus	10-40%	0.12-3 g / 2 times daily	0.5-6 g
Centaurii herba	10-25%	0.3-1.0 g / 3-4 times daily	4-16 g
Cinnamomi cortex	10%	0.04 g / several times daily	2-4 g
Curcumae xanthorrhizae rhizoma	15-20%	1.8-4.8 g / 3-4 times daily	3 g
Foeniculi amari fructus	14-40%	0.45-0.99 g / 3 times daily	
Foeniculi dulcis fructus	10-22%	0.28-5.4 g / several times daily	3-5 g
Fumariae herba	13%	1.8-6.45 g / several times daily	3-5 g
Gentianae radix	10-30%	0.4-1.2 g as a single dose / several times daily	3-8 g
Hyperici herba	10%	0.9 g / 3 times daily	4 g

	Range in combinations	Single dose/ Frequency	Maximum daily dose HMPc monograph
Liquiritiae radix	10-35%	1.8-6.45 g / several times daily	3-8 g
Marrubii herba	25%	1.5 g / 3 times daily	3-6 g
Matricariae flos	10-40%	0.094-2.7 g as a single dose / several times daily	4.5-16 g
Melissae folium	10-35%	0.2-1.05 g as a single dose / several times daily	1.5-13.5 g
Menthae piperitae herba	10-40%	4.5-9 g / 3 times daily	4.5-9 g
Menyanthis trifoliatae folium	11%	1.65 g / 2 times daily	4.8 g
Millefolii herba	10-50%	240-820 mg as a single dose / 2-4 times daily	6-16 g
Rosmarini folium	10-16%	0.1-2.4 g as a single dose / 2-3 times daily	2-6 g
Salviae officinalis folium	10%	0.315 g / 3 times daily	3-6 g
Taraxaci radix cum herba	19-25%	0.4-8.55 g / 2-3 times daily	9-12 g

Assessment for combinations

Age limits and Duration of use

	Age limits	Duration of use
Absinthii herba	Adults and elderly	2 weeks
Anisi fructus		
Boldi folium		
Carvi fructus		
Centaurii herba		
Cinnamomi cortex		
Curcumae xanthorrhizae rhizoma		
Fumariae herba		
Gentianae radix		

	Age limits	Duration of use
Hyperici herba		
Liquiritiae radix		
Melissae folium		
Menyanthidis trifoliatae folium		
Millefolii herba		
Rosmarini folium		
Salviae officinalis folium		
Taraxaci radix cum herba		
Althaeae radix	Adolescents, adults and elderly	
Foeniculi amari fructus		
Marrubii herba		
Matricariae flos		
Menthae piperitae herba		
Verbenae citriodoraе folium		
Foeniculi dulcis fructus	Children between 4-12 years*	1 week

- **Paediatric Population**

There is very limited information for the paediatric use of herbal tea combinations in the therapeutic area 'digestive disorders'. Only one product of this review has been reported as used in children. The product is a combination of 10 herbal substances; only 4 of them, acting as active substances, have an adopted monograph. The available data are considered insufficient to support the safety and plausibility of efficacy as required by the Directive 2004/24/EC for the use in children. Thus, children between 4-12 years are not included in the monograph for *Species digestivae* combinations.

- **Duration of Use**

Duration of 2 weeks for every combination is justified.

Combinations including Foeniculi fructus and/or Anisii fructus

Not to be used for more than 2 weeks (Public statement on the use of herbal medicinal products containing estragole (EMA/HMPC/137212/2005 Rev 1)

Contraindications, Special warnings and precautions for use and Interactions

	Contraindications	Special warnings	Interactions
Absinthii herba	Hypersensitivity to the active substance and to other plants of the Asteraceae family	Patients with gallstones and any other biliary disorders	None reported

	Contraindications	Special warnings	Interactions
	Obstruction of the bile duct, cholangitis or liver disease		
Althaeae radix	Hypersensitivity to the active substance	Absorption of concomitantly administered medicines may be delayed. As a precautionary measure, the product should not be taken ½ to 1 h before or after intake of other medicinal products	
Anisi fructus	Hypersensitivity to the active substance or to Apiaceae (caraway, celery, coriander, dill and fennel) or to anethole	-	
Boldi folium	Hypersensitivity to the active substance(s) Obstruction of bile duct, cholangitis, liver disease, gallstones and any other biliary disorders that require medical supervision and advice	-	
Carvi fructus	Hypersensitivity to the active substance, to other plants of the Apiaceae (Umbelliferae) family (fennel, anise, celery, coriander and dill), to mugwort or to birch	The use in patients with liver disease, cholangitis, achlorhydria, gallstones and any other biliary disorders is not recommended	
Centaurii herba	Hypersensitivity to the active substance Peptic ulcer	-	
Cinnamomi cortex	Hypersensitivity to the active substance or to Peru balsam	-	
Curcumae xanthorrhizae	Hypersensitivity to the	Not recommended in case of obstruction of the	

	Contraindications	Special warnings	Interactions
rhizoma	active substance	bile duct, cholangitis, liver disease, gallstones and any other biliary diseases	
Foeniculi amari fructus	Hypersensitivity to the active substance and its preparations or to Apiaceae (Umbelliferae) (aniseed, caraway, celery, coriander and dill) or to anethole	-	
Foeniculi dulcis fructus	Hypersensitivity to the active substance and its preparations or to Apiaceae (Umbelliferae) (aniseed, caraway, celery, coriander and dill) or to anethole	-	
Fumariae herba	Hypersensitivity to the active substance(s) Obstructions of bile ducts, cholangitis, gallstones and any other biliary diseases and hepatitis	-	
Gentianae radix	Hypersensitivity to the active substance Peptic ulcer	-	
Hyperici herba	Hypersensitivity to the active substance	During the treatment intense UV-exposure should be avoided	
Liquiritiae radix	Hypersensitivity to the	Patients taking liquorice	Liquorice root may

	Contraindications	Special warnings	Interactions
	active substance	<p>medication should not take other liquorice containing products as serious adverse events may occur such as water retention, hypokalemia, hypertension, cardiac rhythm disorders</p> <p>Liquorice medication is not recommended to be used in patients affected by hypertension, kidney diseases, liver or cardiovascular disorders or hypokalemia, as they are more sensitive to the adverse effects of liquorice</p> <p>Concomitant use with diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance is not recommended</p>	<p>counteract antihypertensive action of prescribed medications</p> <p>Not to be used concomitantly with diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance</p>
Marrubii herba	<p>Hypersensitivity to the active substance and to other plants of the Lamiaceae family</p> <p>Obstruction of the bile duct, cholangitis, liver disease, ileus</p>	<p>Patients with active peptic ulcer, gallstones and any other biliary disorders should consult a doctor before using Marrubii herba preparations</p>	None reported
Matricariae flos	<p>Hypersensitivity to the active substance and to other plants of the Asteraceae (Compositae) family</p>	-	<p>For patients after renal transplantation taking high dosages for longer periods (about 2 months) interactions based on effects on CYP450 have been reported</p>
Melissae folium	<p>Hypersensitivity to the active substance</p>	-	None reported

	Contraindications	Special warnings	Interactions
Menthae piperitae herba	Hypersensitivity to peppermint leaf preparations or to menthol	<p>Patients with gastro-oesophageal reflux (heartburn) should avoid peppermint leaf preparations, because heartburn may increase</p> <p>Patients with gallstones and any other biliary disorders should be cautious using peppermint leaf preparations</p>	
Menyanthis trifoliatae folium	Active gastric or duodenal ulcer	-	
Millefolii herba	Hypersensitivity to the active substance and to other plants of the Asteraceae family	-	None reported
Rosmarini folium	Obstruction of bile duct, cholangitis, liver disease, gallstones and any other biliary disorders that require medical supervision and advice	-	
Salviae officinalis folium	Hypersensitivity to the active substance	-	
Taraxaci radix cum herba	<p>Hypersensitivity to the active substance or to plants of the Asteraceae (Compositae) family</p> <p>Obstructions of bile ducts, cholangitis, liver diseases, gallstones, active peptic ulcer and any other biliary diseases</p>	The use in patients with renal failure and/or diabetes, and/or heart failure should be avoided because of possible risks due to hyperkalemia	
Verbenae citriodoraе folium	Hypersensitivity to the active substance and to other plants of the Verbenaceae family	-	

When the herbal substance percentage is below 10 in the combination, it can be considered as excipient and thus, the lower posology when compared to the traditional use as single active ingredient justifies that the special interactions are not taken into account for herbal tea combinations.

All combinations have to include the **Contraindication**

Hypersensitivity to the active substance.

Combinations containing Absinthii herba, Matricariae flos, Millefolii herba or Taraxaci radix cum herba:

Additionally: Hypersensitivity to other plants of the Asteraceae family.

Combinations containing Anisi fructus, Carvi fructus or Foeniculi fructus:

Additionally: Hypersensitivity to other plants of the Apiaceae family.

Combinations containing Marrubii herba:

Additionally: Hypersensitivity to other plants of the Lamiaceae family.

Combinations containing Absinthii herba, Boldi folium, Fumariae herba, Marrubii herba, Rosmarini folium or Taraxaci radix cum herba:

Additionally: Obstruction of the bile duct, cholangitis, liver disease, gallstones and any other biliary disorders.

Combinations containing Centaurii herba; Gentianae radix or Taraxaci radix cum herba:

Additionally: Peptic ulcer *Combinations containing Verbenae citriodora folium.*

Additionally: Hypersensitivity to other plants of the Verbenaceae family.

Combinations containing Anisi fructus or Foeniculi fructus:

Additionally: Hypersensitivity to anethole.

Combinations containing Carvi fructus:

Additionally: Hypersensitivity to mugwort or to birch.

Combinations containing Cinnamomi cortex:

Additionally: Hypersensitivity to Peru balsam.

Combinations containing Menthae piperitae herba:

Additionally: Hypersensitivity to menthol.

Combinations containing Menyanthidis trifoliatae folium:

Additionally: Active gastric or duodenal ulcer.

Under the **Special warnings section**

All combinations include:

If the symptoms worsen during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted.

Depending on the herbal substances included:

The use in children and adolescents under 18 years of age has not been established due to lack of adequate data.

Or

The use in children under 12 years of age has not been established due to lack of adequate data

Combinations containing Absinthii herba, carvi fructus, Curcumae xanthorrhizae rhizoma, Marrubii herba or Menthae piperitae herba:

Gallstones, liver disease, cholangitis and any other biliary disorders.

Combinations containing Althaeae radix:

Not to be taken ½ to 1 h before or after intake of other medicinal products.

Combinations containing Liquiritae radix:

Hypertension, cardiac rhythm disorders, kidney diseases, liver or cardiovascular disorders or hypokalemia. Concomitant use with diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance is not recommended.

Combinations containing Marrubii herba:

Active peptic ulcer

Combinations containing Menthae piperitae herba:

Patients with gastroesophageal reflux (heartburn).

Combinations containing Taraxaci radix cum herba:

Patients with renal failure and/or diabetes, and/or heart failure because of possible risks due to hyperkalemia.

Under the **Interactions** section

All combinations except for those containing Liquiritiae radix and/or Matricariae flos have to include the sentence:

None reported.

Combinations containing Liquiritiae radix:

Not to use concomitantly with diuretics, cardiac glycosides, corticosteroids, stimulant laxatives or other medications which may aggravate electrolyte imbalance.

Combinations containing Matricariae flos:

For patients after renal transplantation taking high doses for longer periods (about two months) interactions based on effects on CYP450 have been reported.

Fertility, pregnancy and lactation, Effects on ability to drive and use machines

	Fertility, pregnancy and lactation	Effects on ability to drive and use machines
Absinthii herba	Not recommended (safety during pregnancy and lactation has not been	No studies performed
Althaeae radix		
Anisi fructus		
Boldi folium		

	Fertility, pregnancy and lactation	Effects on ability to drive and use machines
Carvi fructus	established)	
Centaurii herba	No fertility data	
Cinnamomi cortex		
Curcumae xanthorrhizae rhizoma		
Foeniculi amari fructus		
Foeniculi dulcis fructus		
Fumariae herba		
Gentianae radix		
Hyperici herba		
Menthae piperitae herba		
Marrubii herba		
Menyanthidis folium		
Millefolii herba		
Rosmarini folium		
Salviae officinalis folium		
Taraxaci radix cum herba		
Verbenae citriodoraе folium		
Liquiritiae radix	<p>Studies in animals have shown reproductive toxicity</p> <p>Not recommended (safety during pregnancy and lactation has not been established)</p> <p>No fertility data</p>	
Matricariae flos	<p>Safety during pregnancy and lactation has been established</p> <p>No fertility data</p>	
Melissae folium	<p>Not recommended (safety during pregnancy and lactation has not been established)</p> <p>No fertility data</p>	<p>May impair ability to drive and use machines.</p> <p>Affected patients should not drive or operate machinery</p>

All combinations:

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

No fertility data available.

Under the **Effects on ability to drive and use machines**

All combinations except for those containing *Melissae folium*:

No studies on the effect on the ability to drive and use machines have been performed.

Combinations containing Melissae folium:

May impair ability to drive and use machines. Affected patients should not drive or operate machinery.

Undesirable effects and Overdose

	Undesirable effects	Overdose
Absinthii herba	None known	No case of overdose has been reported
Althaeae radix		
Carvi fructus		
Cinnamomi cortex		
Fumariae herba		
Marrubi herba		
Melissae folium		
Menyanthidis folium		
Salviae officinalis folium		
Verbenae citriodoraefolium		
Anisii fructus	Allergic reactions to aniseed affecting the skin or the respiratory system may occur. The frequency is not known	No case of overdose has been reported
Boldii folium	Hypersensitivity (anaphylaxis) has been reported. The frequency is not known	
Foeniculi amari fructus Foeniculi dulcis fructus	Allergic reactions to fennel, affecting the skin or the respiratory system may occur. The frequency is not known	
Centaurii herba	None known	Stomach disturbances and nausea have been reported
Liquiritiae radix		Cases of overdose have been reported with prolonged use (more than 4

	Undesirable effects	Overdose
		weeks) and/or intake of high amount of liquorice, with symptoms such as water retention, hypokalaemia, hypertension, cardiac rhythm disorders, hypertensive encephalopathy
Curcuma xanthorrhizae rhizoma	Mild gastrointestinal symptoms such as dry mouth, flatulence and gastric irritation may occur. The frequency is not known	No case of overdose has been reported
Gentianae radix	Gastrointestinal disorders have been observed. The frequency was uncommon In rare cases, tachycardia and pruritus have been reported Headache may occur. The frequency is not known	
Matricariae flos	Hypersensitivity reactions including severe allergic reaction (dyspnoea, Quincke's disease, vascular collapse, anaphylactic shock) following mucosal contact with liquid chamomile preparations have been reported. The frequency is not known	
Menthae piperitae herba	The gastro-oesophageal reflux may worsen and heartburn may increase	
Millefolii herba	Hypersensitivity reactions of the skin have been reported. The frequency is not known	
Rosmarini folium	Hypersensitivity (contact dermatitis and occupational asthma) has been reported. The frequency is not known	
Taraxaci radix cum herba	Epigastric pain and hyperacidity may occur. The frequency is not known Allergic reactions may occur. The frequency is not known	
Hyperici herba	Gastrointestinal disorders, allergic skin reactions, fatigue and restlessness may occur. The frequency is not known	After the intake of up to 4.5 g dry extract per day for 2 weeks and additionally 15 g dry extract just before

	Undesirable effects	Overdose
	Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight	hospitalisation seizures and confusion have been reported After ingestion of massive overdoses, the patient should be protected from sunlight and other UV-light sources for 1-2 weeks

For **Undesirable effects:**

All combinations:

If other adverse reactions not mentioned above occur, a doctor or a qualified health care practitioner should be consulted.

Combinations containing Absinthii herba, Althaeae radix, Carvi fructus, Centaurii herba, Cinnamomi cortex, Fumariae herba, Liquiritiae radix, Melissa folium, Marrubii herba or Salviae officinalis folium:

None known.

If adverse reactions occur, a doctor or a qualified health care practitioner should be consulted.

Combinations containing Anisi fructus:

Allergic reactions to aniseed affecting the skin or the respiratory system have been reported. The frequency is not known.

Combinations containing Boldi folium:

Hypersensitivity (anaphylaxis) has been reported. The frequency is not known.

Combinations containing Foeniculi fructus or Rosmarini folium:

Allergic reactions affecting the skin or the respiratory system may occur. The frequency is not known.

Combinations containing Curcumae xanthorrhizae rhizoma:

Mild gastrointestinal symptoms such as dry mouth, flatulence and gastric irritation may occur. The frequency is not known.

Combinations containing Gentianae radix:

Gastrointestinal disorders have been observed. The frequency was uncommon.

In rare cases, tachycardia and pruritus have been reported.

Headache may occur. The frequency is not known.

Combinations containing Hyperici herba:

Gastrointestinal disorders, allergic skin reactions, fatigue and restlessness may occur. The frequency is not known.

Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight.

Combinations containing Matricariae flos:

Hypersensitivity reactions including severe allergic reaction (dyspnoea, Quincke's disease, vascular collapse, anaphylactic shock) following mucosal contact with liquid chamomile preparations have been reported. The frequency is not known.

Combinations containing Menthae piperitae herba:

The gastro-oesophageal reflux may worsen and heartburn may increase. The frequency is not known.

Combinations containing Millefolii herba:

Hypersensitivity reactions of the skin have been reported. The frequency is not known.

Combinations containing Taraxaci radix cum herba:

Epigastric pain and hyperacidity may occur. The frequency is not known.

Allergic reactions may occur. The frequency is not known.

Under the **Overdose** section

All combinations except for those containing Centaurii herba and/or Liquiritiae radix:

No case of overdose has been reported.

Combinations containing Centaurii herba:

Stomach disturbances and nausea have been reported.

Combinations containing Liquiritiae radix:

Water retention, hypokalaemia, hypertension, cardiac rhythm disorders, hypertensive encephalopathy.

Preclinical safety data

Fertility, pregnancy and lactation

All combinations not containing Absinthii herba, Anisii fructus, Boldii folium, Foeniculi fructus, Gentianae radix, Hiperici herba and/or Liquiritiae radix have to include the statement:

Adequate tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.

The information on ethanolic extracts has not been considered in the present monograph, due to the fact that there is no data for an extrapolation of the results found.

Combinations containing Absinthii herba

Thujone is reported to be neurotoxic and chemotypes with low content of thujone should be preferred.

Tests on reproductive toxicity have been performed with a dry ethanolic extract of Absinthii herba administered orally to pregnant rats. Results showed reduced sites of implantations and a reduced rate of born pups. Thujone is known for its uterus stimulating activity.

Combinations containing Anisi fructus

An aniseed extract prepared with water was tested in an Ames test on Salmonella typhimurium strains TA98, TA100, TA102 and turned out as negative.

Results from non-clinical studies showed a weak mutagenic potential of anethole. Anethole and its metabolites are unlikely to be genotoxic *in vivo*.

Combinations containing Anisii fructus:

There are no or limited amount of data from the use of estragole-containing herbal preparations and herbal medicinal products in pregnant women. Studies in animals have shown reproductive toxicity (see section 5.3 'Preclinical safety data').

The use is not recommended during pregnancy and lactation.

Combinations containing Boldii folium

Tests on genotoxicity and carcinogenicity have not been performed.

Combinations containing Foeniculi fructus

A fennel aqueous extract was tested in an Ames test on *Salmonella typhimurium* strains TA98, TA100 and turned out as negative. Results from studies carried out in laboratory animals showed a weak mutagenic activity of anethole.

There are no or limited amount of data from the use of estragole-containing herbal preparations and herbal medicinal products in pregnant women. Studies in animals have shown reproductive toxicity (see section 5.3 'Preclinical safety data').

The use is not recommended during pregnancy and lactation.

Combinations containing Gentianae radix

For some xanthenes which are among the constituents of *Gentiana lutea*, positive results were found in the AMES test (pre-incubation method).

Assessment of preclinical safety requires further studies towards these effects.

Combinations containing Hyperici herba

Studies on acute toxicity and repeated dose toxicity did not show signs of toxic effects.

The weak positive results of an ethanolic extract in the AMES-test (*Salmonella typhimurium* TA 98 and TA 100, with and without metabolic activation) could be assigned to quercetin and are irrelevant to human safety. No signs of mutagenicity could be detected in further *in vitro* and *in vivo* test systems.

Tests on reproductive toxicity revealed equivocal results.

Tests on the carcinogenic potential have not been performed.

Combinations containing Liquiritiae radix

The risks related to *Liquiritiae radix* as described in the single monograph are not considered in the present monograph because they are not considered to be relevant in the specified conditions of use due to the small amount present in herbal infusions prepared with such herbal substance.

Pharmaceutical particulars

Combinations containing Absinthii herba or Salviae officinalis folium:

The amount of thujone has to be specified in the given product. The daily exposure has to be below 6.0 mg.

Combinations containing Boldi folium:

The levels of ascaridole in herbal preparations and herbal medicinal products should be determined.

Combinations containing Hyperici herba:

The amount of hyperforin has to be specified in herbal preparation for oral use. The daily intake of hyperforin has to be below 1 mg.

3. Non-Clinical Data

Please refer to the assessment reports of the individual herbal substances.

For further information on products containing thujone (i.e. combinations including Absinthii herba or Salvia officinalis folium), see the Public statement on the use of herbal medicinal products containing thujone (EMA/HMPC/732886/2010 Rev. 1).

For further information on products containing estragole (i.e. combinations including Foeniculi fructus and/or Anisii fructus), see the Public statement on the use of herbal medicinal products containing estragole (EMA/HMPC/137212/2005 Rev. 1)

4. Clinical Data

Please refer to the assessment reports of the individual herbal substances.

5. Clinical Safety/Pharmacovigilance

Please refer to the assessment reports of the individual herbal substances.

6. Overall conclusions (benefit-risk assessment)

The herbal substances Absinthii herba, Althaeae radix, Anisi fructus, Boldi folium, Carvi fructus, Centaurii herba, Cinnamomi cortex, Curcumae xanthorrhizae rizoma, Foeniculi amari fructus, Foeniculi dulcis fructus, Fumariae herba, Gentianae radix, Hyperici herba, Liquiritiae radix, Marrubii herba, Matricariae flos, Melissa folium, Menthae piperitae herba, Menyanthidis trifoliatae folium, Milefolii herba, Rosmarini folium, Salviae officinalis folium and Taraxaci radix cum herba and Verbenae citriodora folium, for which a EU herbal monograph has been established, are traditionally used in herbal tea combinations with the indication '*Traditional herbal medicinal product for the symptomatic relief of mild dyspeptic/gastrointestinal disorders including bloating and flatulence*'

The evidence on traditional medicinal use of the single herbal substances is discussed and justified in the respective assessment reports. The evidence on traditional medicinal use of the combinations is based on marketed products in the member states, on monographs in national pharmacopoeias, on standard marketing authorisations and on publications.

Based on the composition of traditionally used combinations a matrix is developed indicating what herbal substances are traditionally combined and in what percentage they are traditionally combined. This matrix can be used as basis for evidence of traditional medicinal use for individual applications for registration as traditional herbal medicinal product.

The traditional medicinal use is plausible due to the longstanding medicinal use in the proposed indication.

The safety of the individual herbal substances has been assessed in the assessment reports published together with the respective European Union monographs. Potential risks and undesirable effects are properly addressed in the proposed European Union monograph for the combinations. Based on the

longstanding medicinal use no potentiation of undesirable effects due to the combination is to be expected.

Depending on the safety data of the individual herbal substances the medicinal use of the combinations is for adults and elderly, adolescents and adults.

A European Union list entry is not supported due to lack of adequate data on genotoxicity.

Annex

List of references