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Committee on Herbal Medicinal Products (HMPC)

Assessment Report Summary for the Public (ARSP)

Rosemary leaf

Rosmarinus officinalis L., folium

Other names:

BG (bulgarski): Розмарин, лист	LT (lietuvių kalba): Rozmarinų lapai
CS (čeština): rozmarýnový list	LV (latviešu valoda): Rozmarīna lapa
DA (dansk): Rosmarinblad	MT (Malti): werqa u fjura tal-klin
DE (Deutsch): Rosmarinblätter	NL (Nederlands): Rozemarijn
EL (elliniká): λιβανωτίδος φύλλο	PL (polski): Liść rozmarynu
EN (English): Rosemary leaf	PT (português): alecrim
ES (español): romero, hoja de	RO (română): frunză de rosmarin
ET (eesti keel): rosmariinileht	SK (slovenčina): list rozmarínu
FI (suomi): rosmariini, lehti	SL (slovenščina): list navadnega rožmarina
FR (français): romarin (feuille de)	SV (svenska): rosmarin, blad
HR (hrvatski): ružmarinov list	IS (íslenska):
HU (magyar): rozmaringlevél	NO (norsk): rosmarinblad
IT (italiano): Rosmarino foglia	



Introduction

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of Rosemary leaf. It summarises the Committee's recommendations on the use of Rosemary leaf.

The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing Rosemary leaf. When a Member State authorises a medicine containing Rosemary leaf, detailed instructions on how to take it will be available in the package leaflet that comes with medicine.

The information in this summary report concerns herbal medicinal products containing Rosemary leaf which are only authorised when they comply with the strict pharmaceutical quality and other requirements for herbal medicinal products. They are approved by the competent authorities to be placed on the market as medicinal products. Other products, like food, food supplements, cosmetic products or medical devices do not follow the same criteria and regulatory requirements as medicinal products and are excluded from this summary.

What is Rosemary leaf and what do Rosemary herbal medicines contain?

Rosemary leaf is the common name for the leaves of the plant *Rosmarinus officinalis* L.

Medicinal products with Rosemary leaf contain whole, fragmented (reduced into tiny pieces) or powdered dry leaves.

Herbal medicines containing these Rosemary leaf preparations are usually available as herbal tea to be drunk and as bath additive.

What are the medicinal uses of Rosemary leaf?

Rosemary leaf preparations have traditional medicinal use for the **symptomatic relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract** and for the **relief of minor muscular and articular pain and in minor peripheral circulatory disorders**. Traditional medicinal use means that the use in the specified indication is exclusively based upon long-standing medicinal use and not based on results from clinical studies.

When is it not recommended to use Rosemary leaf?

You can find detailed instructions on how to take Rosemary leaf medicines and who can use them in the package leaflet that comes with the medicine.

Do not use Rosemary leaf:

- for children and adolescents **under 12 year** of age.
- if you are **pregnant or breast feed** your child.
- if you are **allergic** to Rosemary leave.
- when you are known with obstruction of the bile duct, inflammation of the gallbladder, gallstones or any liver disease.

Do not apply to broken or irritated skin.

Consult a doctor or a pharmacist:

- if the symptoms persist longer than **2 weeks** during the use of the medicinal product for the oral use for the symptomatic relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract.
- if the symptoms persist longer than **4 weeks** or worsen during the use of the medicinal product, for the use as a bath additive for the relief of minor muscular and articular pain and in minor peripheral circulatory disorders.

What you need to know before taking Rosemary leaf with other medicines?

No interactions with other medicines have been described in the literature at the time of assessment when using Rosemary leaf with other medicines.

What are the risks associated with Rosemary leaf medicines?

You may experience some side effects with Rosemary leaf medicines.

You may get a **hypersensitivity reaction**, like contact dermatitis.

The frequency is of this undesirable effect is not known.

How does Rosemary leaf work as a medicine?

The HMPC conclusions on the use of these Rosemary leaf medicines for the **symptomatic relief of dyspepsia and mild spasmodic disorders of the gastrointestinal tract** and for the **relief of minor muscular and articular pain and in minor peripheral circulatory disorders** are based on their '**traditional use**'.

This means that, although there is insufficient evidence from clinical trials, the effectiveness of these herbal medicines is plausible and there is evidence that they have been used safely in this way for at least 30 years (including at least 15 years within the EU).

How are herbal medicines containing Rosemary leaf approved in the EU?

Any applications for the licensing of medicines containing Rosemary leaf have to be submitted to the national authorities responsible for medicinal products. Before approval, the national authorities assess the quality, safety and efficacy of the herbal medicine. The HMPC conclusions are taken into account when evaluating applications for the licensing of herbal medicines.

Information on approved Rosemary leaf medicines in EU Member States may be obtained from the relevant national authorities.

Further information

Further information on the HMPC scientific assessment of Rosemary leaf medicines, including details of the Committee's conclusions, can be found under the tab 'Documents' on the Agency's website:

[Rosmarini folium - herbal medicinal product | European Medicines Agency \(EMA\)](#).