European Medicines Agency
Evaluation of Medicines for Human Use

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COMMITTEE ON HERBAL MEDICINAL PRODUCTS (HMPC)

DRAFT

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

DISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	March 2007 May 2007
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REDISCUSSION IN WORKING PARTY ON COMMUNITY MONOGRAPHS AND COMMUNITY LIST (MLWP)	
ADOPTION BY HMPC	

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

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

1. NAME OF THE MEDICINAL PRODUCT

To be specified for the individual finished product.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION[1, 2]

Well-established use	Traditional use
	With regard to the registration application of Article 16d(1) of Directive 2001/83/EC as amended *Melissa officinalis* L., folium (melissa leaf) i) Herbal substance - dried leaf ii) Herbal preparations - Comminuted dried leaf, herbal tea - Tincture (1:5 in 45% ethanol) - Liquid extract (1:1 in 45% ethanol) iii) Dry extracts that correspond to preparations mentioned under ii)

3. PHARMACEUTICAL FORM

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

[1] The material complies with the Ph. Eur. monograph (ref. 01/2005:1447)
[2] The declaration of the active substance(s) for an individual finished product should be in accordance with relevant herbal quality guidance.

4. CLINICAL PARTICULARS

4.1. Therapeutic indications

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

4.2. Posology and method of administration

Well-established use	Traditional use
	Posology *Adolescents over 12 years of age, adults, elderly* Herbal substance as a herbal tea: 1.5 - 4.5 g up to 3 times per day. Liquid extract: 2 - 4 ml up to 3 times per day. Tincture: 2 - 6 ml up to 3 times per day. Corresponding doses of dry extracts. The use is not recommended in children under 12 years of age (see 4.4. Special warnings and precautions for use). **Duration of use** Indication a) Not to be taken for more than 2 weeks. If the symptoms persist during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted. **Method of administration** Oral use.

4.3. Contraindications

Well-established use	Traditional use
	Hypersensitivity to the active substance.

4.4. Special warnings and precautions for use

Well-established use	Traditional use
	The use is not recommended in children under 12 years of age due to lack of adequate data. As a precautionary measure, concomitant use with sedatives is not recommended unless advised by a doctor. For tinctures and liquid extracts, the appropriate labelling for ethanol, taken from the 'Guideline on excipients in the label and package leaflet of medicinal products for human use', must be included.

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

Well-established use	Traditional use
	None reported.

4.6. Pregnancy and lactation

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

4.7. Effects on ability to drive and use machines

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

4.8. Undesirable effects

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

4.9. Overdose

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

5. PHARMACOLOGICAL PROPERTIES

5.1. Pharmacodynamic properties

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

5.2. Pharmacokinetic properties

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

5.3. Preclinical safety data

Well-established use	Traditional use
	Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended, unless necessary for the safe use of the product. Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.

6. PHARMACEUTICAL PARTICULARS

Well-established use	Traditional use
	Not applicable.

7. DATE OF COMPILATION/LAST REVISION

8 May 2007