



13 January 2021
EMA/631843/2020

Herbal tea combinations for use in loss of appetite

Species amarae

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of herbal tea combinations for use in loss of appetite. The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing herbal tea combinations for use in loss of appetite.

This summary is not intended to provide practical advice on how to use medicines containing these combinations. For practical information about using these medicines, patients should read the package leaflet that comes with the medicine or contact their doctor or pharmacist.

What are herbal tea combinations for use in loss of appetite?

Herbal tea combinations for use in loss of appetite refer in this evaluation to combinations of up to a maximum of 4 of the following herbal substances:

- *Achillea millefolium* L. herba ([yarrow](#))
- *Artemisia absinthium* L., herba ([wormwood](#))
- *Centaureum erythraea* Rafn. s.l., herba ([centaury](#))
- *Cichorium intybus* L., radix ([chicory root](#))
- *Gentiana lutea* L., radix ([gentian root](#))
- *Marrubium vulgare* L., herba ([white horehound](#))
- *Menyanthes trifoliata* L., folium ([bogbean leaf](#))
- *Taraxacum officinale* Weber ex Wigg., radix cum herba ([dandelion root and herb](#))

The HMPC conclusions only cover preparations that are obtained by drying and comminuting (reducing into tiny pieces) the relevant plant part.

Herbal medicines containing these preparations are usually available as herbal tea to be drunk about 30 minutes before meals.



What are the HMPC conclusions on their medicinal uses?

The HMPC concluded that, on the basis of their long-standing use, these preparations can be used for temporary loss of appetite.

Herbal tea combinations for use in loss of appetite containing (among other active substances) wormwood, centaury or gentian root should only be used in adults, whereas those not containing these herbal substances can be used from the age of 12 years. If symptoms last longer than 2 weeks while taking the medicine, a doctor or a qualified health care practitioner should be consulted.

Detailed instructions on how to take herbal tea combinations for use in loss of appetite medicines and who can use them can be found in the package leaflet that comes with the medicine.

What evidence supports the use of herbal tea combinations for use in loss of appetite?

The HMPC conclusions on the use of these herbal tea combinations for use in loss of appetite 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). Moreover, the intended use does not require medical supervision.

For information on the studies with the individual herbal substances which have been assessed by the HMPC, see the HMPC assessment report and other information published on the Agency's webpages related to each individual substance.

What are the risks associated with herbal tea combinations for use in loss of appetite?

For side effects, see the summary of the individual herbal medicine.

Herbal tea combinations for use in loss of appetite containing dandelion root and herb, wormwood or white horehound must not be used by people with bile duct obstruction, cholangitis (inflammation of the bile ducts) or liver disease. Combinations containing dandelion root and herb must also not be used by people with gallstones (stones in the gallbladder), active peptic ulcer (ulcers in the stomach or the duodenum) and any other bile-related diseases. Combinations containing white horehound must also not be used by people with ileus (loss of movement in bowel muscles). Combinations containing centaury must not be used by people with peptic ulcer, and bogbean leaf must not be used by people with active peptic ulcer.

Herbal tea combinations for use in loss of appetite must not be used in people who are hypersensitive to the active substance.

Further information on the risks associated with these herbal tea combinations for use in loss of appetite, including the appropriate precautions for their safe use, can be found in the monograph which is published on the Agency's website under the section 'Documents':

ema.europa.eu/medicines/herbal/combination-species-amarae.

How are herbal tea combinations for use in loss of appetite approved in the EU?

Any applications for the licensing of medicines containing herbal tea combinations for use in loss of appetite have to be submitted to the national authorities responsible for medicinal products, which will

assess the application for the herbal medicine and take into account the scientific conclusions of the HMPC.

Information on the use and licensing of herbal tea combinations for use in loss of appetite medicines in EU Member States should be obtained from the relevant national authorities.

Other information about herbal tea combinations for use in loss of appetite medicines

Further information on the HMPC assessment of herbal tea combinations for loss of appetite medicines, including details of the Committee's conclusions, can be found in the section 'Documents' on the Agency's website: ema.europa.eu/medicines/herbal/combination-species-amarae. For more information about treatment with herbal tea combinations for use in loss of appetite medicines, read the package leaflet that comes with the medicine or contact your doctor or pharmacist.