



NATURAL HEALTH PRODUCT

**HEAL-ALL – PRUNELLA VULGARIS
Buccal and Oromucosal**

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant’s discretion.
- ▶ The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant.

Date April 28, 2023

Proper name(s), Common name(s), Source information

Table 1. Proper name(s), Common name(s), Source information

Proper name(s)	Common name(s)	Source information		
		Source material(s)	Part(s)	Preparation(s)
<i>Prunella vulgaris</i>	<ul style="list-style-type: none"> ▶ Common selfheal ▶ Heal-all ▶ Prunella ▶ Self-heal ▶ Woundwort ▶ Xiakucao 	<i>Prunella vulgaris</i>	<ul style="list-style-type: none"> ▶ Leaf ▶ Shoot ▶ Shoot and leaf 	Dry

References: Proper name: USDA 2019; Common names: USDA 2019, McGuffin et al. 2000, Meyer 1993, Lust 1987; Source information: Bartram 1998, Hoffmann 1996.

Route(s) of administration

- ▶ Buccal
- ▶ Oromuccosal

Dosage form(s)

This monograph excludes foods or food-like dosage forms as indicated in the Compendium of Monographs Guidance Document.



The acceptable dosage forms when used according to the requirements indicated in this monograph to allow for direct contact between the affected tissue and the medicinal ingredient are as follows: Loose; Powder.

Use(s) or Purpose(s)

- ▶ Traditionally used in Herbal Medicine to help relieve sore throats (Hoffman 1996; Felter and Lloyd 1983; Grieve 1971).
- ▶ Traditionally used in Herbal Medicine to help relieve mild irritations of the mucous membranes of the mouth (Hoffmann 1996; Grieve 1971; Wren 1907; Meyrick 1790).

The following combined use(s) or purpose(s) is/are also acceptable:

Traditionally used in Herbal Medicine to help relieve sore throats and mild irritations of the mucous membranes of the mouth (Hoffmann 1996; Felter and Lloyd 1983; Grieve 1971; Wren 1907; Meyrick 1790).

Note: Claims for traditional use must include the term “Herbal Medicine”, “Traditional Chinese Medicine”, or “Ayurveda”.

Dose(s)

Subpopulation(s)

Adults 18 years and older

Quantity(ies)

Methods of preparation: Dry, powdered

32 grams of dried shoots and/or leaves (Grieve 1971; Wren 1907).

Note: Dried or powdered shoots and/or leaves should be prepared as an infusion (see direction for use).

Direction(s) for use

- ▶ Pour 475 ml (1 pint) of boiling water over 32 g (1 ounce) of dried/powdered shoots/shoots and leaves/leaves, infuse for 10 minutes and strain (Grieve 1971; Wren 1907).
- ▶ Rinse and/or gargle as needed.

Duration(s) of use

No statement required.

Risk information

Caution(s) and warning(s)

Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

Storage conditions

Must be established in accordance with the requirements described in the *Natural Health Products Regulations* (NHPR).

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide.
- ▶ The medicinal ingredient must comply with the requirements outlined in the NHPID.



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