NATURAL HEALTH PRODUCT

HEAL-ALL – *PRUNELLA VULGARIS* Oral

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)
Prunella vulgaris	 Common selfheal Heal-all Prunella Self-heal Woundwort Xiakucao 	Prunella vulgaris	LeafShootShoot 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 of administration

Oral



Dosage form(s)

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

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

Use(s) or Purpose(s)

- ► Traditionally used in Herbal Medicine to help relieve sore throats (Hoffmann 1996; Felter and Lloyd 1983; Wren 1907; Meyrick 1790).
- ► Traditionally used in Herbal Medicine (as an astringent) to help relieve diarrhoea (Grieve 1971; Wren 1907; Hoffmann 1996; Felter and Lloyd 1983).
- ► Traditionally used in Herbal Medicine (as an astringent) to help relieve haemorrhoids (Grieve 1971; Wren 1907; Hoffmann 1996; 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, Powder, Non-Standardized Aqueous Extracts (Dry extract, Decoction, Infusion)

28-32 grams of dried shoots and/or leaves, per day (Grieve 1971; Wren 1907).

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

Methods of preparation: Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract)

0.75-3 grams of dried shoots and/or leaves, per day (Chevallier 1996; Hoffmann 1996).





Direction(s) for use

Dried or powdered shoots and/or leaves

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).

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.

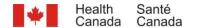
Storage conditions

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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