



## 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)
<i>Prunella vulgaris</i>	<ul style="list-style-type: none"><li>▶ Common selfheal</li><li>▶ Heal-all</li><li>▶ Prunella</li><li>▶ Self-heal</li><li>▶ Woundwort</li><li>▶ Xiakucao</li></ul>	<i>Prunella vulgaris</i>	<ul style="list-style-type: none"><li>▶ Leaf</li><li>▶ Shoot</li><li>▶ Shoot and leaf</li></ul>	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.

## References cited

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