



## NATURAL HEALTH PRODUCT

### BURDOCK – *ARCTIUM LAPPA* 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 label at the applicant’s discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

#### Date

December 19, 2025

#### 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>Arctium lappa</i>	<ul style="list-style-type: none"> <li>• Burdock</li> <li>• Burr seed</li> <li>• Cocklebur</li> <li>• Edible burdock</li> <li>• Gobo</li> <li>• Goboshi</li> <li>• Great burdock</li> <li>• Great burdocks</li> <li>• Greater burdock</li> <li>• Hardock</li> <li>• Harebur</li> <li>• Lappa</li> <li>• Niu bang zi</li> </ul>	<i>Arctium lappa</i>	Root	Dry

References: Proper name: USDA 2024; Common names: Gardner and McGuffin 2013; Brinker 2010; BHP 1996; Source information: BHP 1996; Grieve 1971.

#### 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 as a diuretic (Wichtl 2004; Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine (as a diaphoretic) to induce sweating (Bradley 1992; Wren 1907).
- Traditionally used in Herbal Medicine as an alterative to help remove accumulated waste products via the kidneys, skin and mucus membranes (Hoffmann 2003; Wren 1907).
- Traditionally used in Herbal Medicine to help alleviate the pain associated with rheumatism (Wichtl 2004; Bradley 1992; Grieve 1971).

## Notes

- The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Traditionally used in Herbal Medicine as a diuretic, to induce sweating and as an alterative to help remove accumulated waste products via the kidneys, skin and mucus membranes).
- **For multi-ingredient products:**
  - To prevent the product from being represented as a “traditional medicine”, any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Burdock is traditionally used in Herbal Medicine as a diuretic).
  - When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required.

## Dose(s)

### Subpopulation(s)

Adults 18 years and older

### Quantity(ies)

**Methods of preparation:** Dry, Powdered, Non-Standardized Extracts (Dry extract\*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

1.2 - 18 grams of dried root, per day (Hoffmann 2003; Bradley 1992; BHP 1983).

**\*Note:** Solvents allowed for the method of preparation “Non-Standardized Extracts (Dry extract)” as part of this monograph are ethanol and/or water only.

### **Direction(s) for use**

No statement required.

### **Duration(s) of use**

*Diuretic*

For occasional use only (Berardi et al. 2002; CPHA 2002).

### **Risk information**

#### **Caution(s) and warning(s)**

- **Ask a health care practitioner/health care provider/health care professional/doctor/physician if** symptoms persist or worsen.
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if** you are breastfeeding.
- **Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if** you have diabetes (Brinker 2010; Barnes et al. 2007).

#### **Contraindication(s)**

**Do not use if** you are pregnant (Brinker 2010).

#### **Known adverse reaction(s)**

*All products*

**Stop use if** hypersensitivity/allergy occurs (Brinker 2010).

*All products except those making a diuretic claim*

**When using this product** diuretic effect may occur.

### **Non-medicinal ingredients**

Must be chosen from the current Natural Health Product Ingredient 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*.

### 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.

### EXAMPLE OF PRODUCT FACTS:

Consult the Guidance Document, [Labelling of Natural Health Products](#) for more details.

<b>Product Facts</b>
<b>Medicinal ingredient</b> in each capsule <i>Articum lappa</i> (Burdock) X:1 extract <span style="float: right;">XX mg</span> Equivalent to YY g of dried root
<b>Uses</b> <ul style="list-style-type: none"> <li>• Traditionally used in Herbal Medicine as a diuretic.</li> <li>• Traditionally used in Herbal Medicine to induce sweating.</li> <li>• Traditionally used in Herbal Medicine as an alternative to help remove accumulated waste products via the kidneys, skin and mucus membranes.</li> <li>• Traditionally used in Herbal Medicine to help alleviate the pain associated with rheumatism.</li> </ul>
<b>Warnings</b>
<b>If applicable<sup>1</sup>:</b> <b>Allergens: food allergen, gluten (gluten source), sulphites</b> <b>Contains aspartame</b>
<b>Do not use</b> if you are pregnant.
<b>Ask a health care practitioner before use if</b> • you are breastfeeding • you have diabetes.
<b>When using this product</b> diuretic effect may occur <sup>2</sup> .
<b>Stop use</b> if allergy occurs.
<b>Ask a health care practitioner if</b> symptoms persist or worsen.
<b>Directions</b> Adults 18 years and older: • Take X scoop(s), X time(s) per day • As a diuretic: For occasional use only.
<b>Other information</b> (Add storage information)
<b>Non-medicinal ingredients</b> List all NMIs
<b>Questions?</b> (Call) 1-XXX-XXX-XXXX

<sup>1</sup>This section can be removed from the table if the product contains no allergen or aspartame.

<sup>2</sup>All products except those making a diuretic claim.

## References cited

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