Health Canada Santé Canada

NATURAL HEALTH PRODUCT

FIGWORT – *SCROPHULARIA NODOSA*

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 July 31, 2026

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)
Scrophularia nodosa	• Carpenter's square • Common figwort • Figwort • Heal-all • Scrofula plant • Square stalk • Throatwort	*Scrophularia nodosa*	Herb top	Dry

References: Proper name: USDA 2025; Common names: USDA 2025; Gardner and McGuffin 2013; Felter and Lloyd 1983; Grieve 1971; Source information: Hoffmann 2003; BHP 1983.

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 (Hoffmann 2003; Felter and Lloyd 1983; Wren 1907).
- Traditionally used in Herbal Medicine as an analgesic (anodyne) (Bartram 1998; Felter and Lloyd 1983; Wren 1907).
- Traditionally used in Herbal Medicine to relieve symptoms of chronic cutaneous diseases (Hoffmann 2003; Wren 1907).
- Traditionally used in Herbal Medicine to relieve symptoms of eczema (Hoffmann 2003; BHP 1983).
- Traditionally used in Herbal Medicine to relieve symptoms of psoriasis (Hoffmann 2003; BHP 1983).
- Traditionally used in Herbal Medicine to relieve symptoms of pruritus (Hoffmann 2003; BHP 1983).
- Traditionally used in Herbal Medicine as a mild laxative (Hoffmann 2003; Williamson et al. 1988; Mills 1985).

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 to relieve symptoms of chronic cutaneous diseases, eczema, psoriasis and pruritus).
- **For multi-ingredient products:**
    - To prevent the product from being misrepresented 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., Figwort 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)

0.2 – 8 grams dried herb top, per day (Hoffmann 2003; Bartram 1998; BHP 1983; Felter and Lloyd 1983).

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

Direction(s) for use

No statement required.

Duration(s) of use

Diuretic

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

Other uses

No statement required.

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 pregnant or breastfeeding.
- **Ask a health care practitioner/health care provider/health care professional/doctor/ physician before use if** you have heart disease (Brinker 2010; Hoffmann 2003).

Contraindication(s)

No statement required.

Known adverse reaction(s)

*All products except those making only a diuretic claim**

When using this product diuretic effect may occur.

***Note:** This statement can be removed from the label if a diuretic claim is included.

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*.

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.

Product Facts
Medicinal ingredient in each scoop *Scrophularia nodosa* (Figwort – herb top) XX g
Uses • Traditionally used in Herbal Medicine as a diuretic. • Traditionally used in Herbal Medicine as an analgesic. • Traditionally used in Herbal Medicine to relieve symptoms of chronic cutaneous diseases. • Traditionally used in Herbal Medicine to relieve symptoms of eczema. • Traditionally used in Herbal Medicine to relieve symptoms of psoriasis. • Traditionally used in Herbal Medicine to relieve symptoms of pruritis. • Traditionally used in Herbal Medicine as a mild laxative.
Warnings
If applicable[1]: **Allergens: food allergen, gluten (gluten source), sulphites** **Contains aspartame**
Ask a health care practitioner before use if • you are pregnant or breastfeeding • you have heart disease.
When using this product diuretic effect may occur.
Ask a health care practitioner if symptoms persist or worsen.
Directions Adults 18 years and older: • Take X scoop(s), X time(s) per day • For occasional use only[2].
Other information (Add storage information)
Non-medicinal ingredients List all NMIs
Questions? (Call) 1-XXX-XXX-XXXX

[1]This section can be removed from the table if the product contains no allergen or aspartame.
[2]Diuretic.

References cited

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BHP 1983: British Herbal Pharmacopoeia. Cowling (GB): British Herbal Medical Association; 1983.

Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010.

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Hoffmann D. Medical Herbalism: The Science and Practice of Herbal Medicine. Rochester (VT): Healing Arts Press; 2003.

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Version History

Publication date	Update type	Summary of main updates (from July 2026)
2026-07-31	Minor updates	• Introductory notes • Addition of notes in the Uses or purposes section • Additional methods of preparation • Additional solvent information • Risk statement wording and addition of a risk statement • Inclusion of the standard statement for storage conditions • Inclusion of a Product Facts Table example • Reference section • Inclusion of version history information
2018-07-31	Validation	–
2011-01-25	Minor updates	–
2008-01-15	Initial release	–