

NATURAL HEALTH PRODUCT

LUNGWORT – *PULMONARIA OFFICINALIS*

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>Pulmonaria officinalis</i>	<ul style="list-style-type: none"> • Bloody-butcher • Boys-and-girls • Hundreds-and-thousands • Jerusalem cowslip • Jerusalem-sage • Joseph-and-Mary • Lungwort • Mary-spilt-the-milk • Soldiers-and sailors • Spotted-dog 	<i>Pulmonaria officinalis</i>	Leaf	Dry

References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; Source information: Williamson 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 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 an expectorant) to help relieve the symptoms of bronchitis and mucous buildup of the (upper) respiratory tract (catarrhs) (Wichtl 2004; Williamson 2003; BHP 1983; Remington et al. 1918).
- (Traditionally) used in Herbal Medicine (as a demulcent) to help relieve sore throat (Williamson 2003; Bisset and Wichtl 2001; BHP 1983; Sayre 1917).
- (Traditionally) used in Herbal Medicine (as an astringent and/or a demulcent) to help relieve diarrhoea (Wichtl 2004; Williamson 2003; BHP 1983; Lust 1974; Sayre 1917).
- (Traditionally) used in Herbal Medicine (as an astringent and/or a demulcent) to help relieve haemorrhoids (Williamson 2003; BHP 1983; Lust 1974; Sayre 1917).
- (Traditionally) used in Herbal Medicine as a mild diuretic (Bisset and Wichtl 2001; Lust 1974).

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 an expectorant to help relieve the symptoms of bronchitis, reduce mucous buildup of the upper respiratory tract and as a demulcent to help relieve sore throat).
- **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., Lungwort is traditionally used in Herbal Medicine as a mild diuretic).
 - 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)

2 – 4 grams of dried leaves, 3 times per day (Williamson 2003; 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; CPA 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.

Contraindication(s)

No statement required.

Known adverse reaction(s)

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 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 <i>Pulmonaria officinalis</i> (Lungwort – leaf) XX g
Uses <ul style="list-style-type: none"> • Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis and mucous buildup of the upper respiratory tract. • Traditionally used in Herbal Medicine as an astringent to help relieve diarrhoea. • Traditionally used in Herbal Medicine as a mild diuretic.
Warnings
If applicable¹: Allergens: food allergen, gluten (gluten source), sulphites Contains aspartame
Ask a health care practitioner before use if you are pregnant or breastfeeding.
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 • As a diuretic: For occasional use only.
Other information (Add storage information)
Non-medicinal ingredients List all NMIs
Questions? (Call) 1-XXX-XXX-XXXX

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

References cited

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