



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 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 August 5, 2019

Proper name(s), Common name(s), Source material(s)

Table 1. Proper name(s), Common name(s), Source material(s)

Proper name(s)	Common name(s)	Source material(s)		
		Proper name(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	Dried

References: Proper name: USDA 2019; Common names: USDA 2019, McGuffin et al. 2000; Source material: 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 the age category listed in this monograph and specified route of administration are indicated in the Compendium of Monographs Guidance Document.

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).

The following combined use(s) or purpose(s) is/are also acceptable:

Traditionally used in Herbal Medicine as an expectorant to help relieve the symptoms of bronchitis, reduce mucous buildup of the (upper) respiratory tract (catarrhs) and (as a demulcent) to help relieve sore throat (Wichtl 2004; Williamson 2003; Bisset and Wichtl 2001; BHP 1983; Remington et al. 1918; Sayre 1917).

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 Extracts (Dry extract, Tincture, Fluid extract, Decoction, Infusion)



2 - 4 grams of dried leaves, 3 times per day (Williamson 2003; BHP 1983).

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)

- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician if symptoms persist or worsen.
- ▶ Consult a health care practitioner/health care provider/health care professional/doctor/physician prior to use if you are pregnant or breastfeeding.

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

No statement required.

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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