Health Canada Santé Canada

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 label at the applicant's discretion.
- The solidus (/) indicates that either term and/or statement may be selected on the label.

Date February 27, 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)
Prunella vulgaris	• Common selfheal • Heal-all • Prunella • Self-heal • Woundwort • Xiakucao	*Prunella vulgaris*	• Leaf • Shoot • Shoot and leaf	Dry

References: Proper name: USDA 2024; Common names: USDA 2024; Gardner and McGuffin 2013; 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 diarrhea (Hoffmann 1996; Felter and Lloyd 1983; Grieve 1971; Wren 1907).
- Traditionally used in Herbal Medicine (as an astringent) to help relieve haemorrhoids (Hoffmann 1996; Grieve 1971; Wren 1907; Meyrick 1790).

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 astringent to help relieve diarrhea and haemorrhoids).
- **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., Heal-all is traditionally used in Herbal Medicine to help relieve sore throats).
  - 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 Aqueous Extracts (Dry extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate)

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 or decoction by consumers prior to use (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

*Loose dosage form (for infusion/decoction)**

Place [insert volume to be measured by consumer, e.g., X teaspoons] of dried shoots/shoots and leaves/leaves [insert the volume of water, e.g., 1 cup (250 mL)] of boiling/cold water. Infuse for [e.g., 5-15 minutes]/Bring to a boil and let simmer for [e.g., 10-20 minutes]. Strain and drink (Grieve 1971; Wren 1907).

***Note**: The direction for use statement can be modified on the label provided it gives clear instructions to consumers.

Duration(s) of use

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.

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*.

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 capsule *Prunella vulgaris* (Heal-all) X:1 extract XX mg Equivalent to YY g of dried shoots
Uses • Traditionally used in Herbal Medicine to help relieve sore throats. • Traditionally used in Herbal Medicine to help relieve diarrhea. • Traditionally used in Herbal Medicine to help relieve haemorrhoids.
Warnings
If applicable[1]: **Allergens: food allergen, gluten (gluten source), sulphites** **Contains aspartame**
Ask a health care practitioner if symptoms persist or worsen.
Directions Adults 18 years and older: • Take X capsule(s), X time(s) per day.
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.

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Version History

Publication date	Update type	Summary of main updates (from Feb 2026)
2026-02-27	Minor updates	• Introductory notes • Revision of the spelling for diarrhea • Addition of notes in the Uses or purposes section • Additon of methods of preparation • Adjustments to the Directions for use • Risk statement wording • Inclusion of a Product Facts Table example • Reference section • Inclusion of version history information
2023-04-28	Validation	–
2009-02-27	Minor updates (only includes oral)	–
2008-03-07	Minor updates (includes oral/gargle/ buccal/topical)	–
2007-04-19	Initial release (includes oral/topical)	–