

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 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

October 30, 2018

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

References: Proper name: USDA 2018; Common names: Brinker 2010, McGuffin et al. 2000, BHP 1996; Source material: 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 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 a diuretic (Wichtl 2004; Bradley 1992; Wren 1907).
- ▶ Traditionally used in Herbal Medicine to induce sweating (diaphoretic) (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).

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

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

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

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

Direction(s) for use

No statement required.

Duration(s) of use

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

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 have diabetes or are breastfeeding (Brinker 2010; Barnes et al. 2007).

Contraindication(s)

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

Known adverse reaction(s)

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

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

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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