

NATURAL HEALTH PRODUCT

BURDOCK – *ARCTIUM LAPPA*

Topical

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

Topical



Dosage form(s)

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 to help relieve skin conditions such as dry skin and eczema (Wichtl 2004; Bradley 1992; Williamson et al. 1988; Grieve 1971).

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)

30 grams of dried root per day (Grieve 1971)

Direction(s) for use

Apply to affected area as needed or as directed by a health care practitioner/health care provider/health care professional/doctor/ physician

Duration(s) of use

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.



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 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.

References cited

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Grieve M. A Modern Herbal, Volume 1. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2nd edition. Silver Spring (MD): American Herbal Products Association; 2000.

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Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988.

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