

Product Profile

FRIAR'S BALSAM COMPOUND

An Antiseptic Vulnerary & A Stimulating Expectorant

A blend of the liquid extracts of:

• Siam Benzoin resin (<i>Styrax tonkinensis</i>)	47%
* Storax Balsam (<i>Liquidambar orientalis</i>)	17%
* Balsam of Tolu (<i>Myroxylon balsamum</i>)	17%
* Balsam of Peru (<i>Myroxylon pereiarae</i>)	9%
• Aloe leaf latex (<i>Aloe ferox</i>)	4%
• Myrrh tears (<i>Commiphora abyssinica</i> &/or <i>molmol</i>)	4%
• Angelica root (<i>Angelica archangelica</i>)	2%

• Dried * Liquid Exudate

Through its 600-year history, Friar's Balsam has been known by such names as Balsamum Traumaticum, Balsamic Tincture, Jesuits' Drops, Jerusalem Drops, and Wound, Swedish, Turlington's, Persian, Wade's, St. Victor's, and Commander's Balsam.

Action & Uses: Can be used as an antiseptic and protectant to minor **cuts and abrasions, chapped skin and lips, cracked nipples, small fissures of skin and anus, bedsores, indolent ulcers, herpes simplex, and gingivitis.** Can relieve itching of chilblains, eczema, and urticaria.

Can be taken internally and/or inhaled with steam vapor as a stimulating expectorant in **old coughs and catarrhs, laryngitis, acute and chronic bronchitis, and asthma.**

Dose: Topical: Lesion should be cleaned and dried, and then covered with the balsam, over which should be laid fresh cotton gauze, extending well beyond the lesion. This application may be painful at first, and should be changed daily, taking care to remove any dead tissue that is loose. **Internal:** Two or three times per day, take 25 to 35 drops in water. To make a soothing syrup for throat or bronchial affections, mix drops in a spoonful of honey, maple syrup or malt syrup. **Inhalant:** Mix one or two droppersful of the balsam into a pint of hot, steaming (not boiling) water and then breathe the vapors in deeply.

Cautions: Consult a qualified midwife or physician before taking during pregnancy. Rarely skin irritation may result from topical use — avoid use on individuals with allergic skin diseases. If irritation does appear, discontinue use, and it will soon subside. When applied to broken skin, undiluted Friar's Balsam may tend to sting. To avoid this, balsam can be diluted with a 50/50 mixture of water and glycerin. Discontinue use if irritation persists.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. The *Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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