

Product Profile

ANGELICA

Angelica archangelica

Liquid extract of the dried first-year root.

Actions: Aromatic, digestion-enhancing bitters. Carminative. Diaphoretic. Anti-inflammatory.

Uses: Poor digestion and loss of appetite; flatulence; fever, colds and coughs; menstrual cramps; asthma; arthritis and rheumatism. When taken with hot water, it gives warming relief from chills and coldness.

Dose: Take 30 to 40 drops, 2 to 5 times per day. To enhance appetite and digestion take 15 minutes before meals.

Cautions: Consult a qualified midwife or physician before taking during pregnancy.



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.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.