

## Product Profile

# BLADDERWRACK

*Fucus vesiculosus* & *F. distichus*

Liquid extract of dried fertile thallus.

**Actions:** Nutritive alterative. Contains significant levels of dietary iodine.

**Uses:** Under-active thyroid and associated sluggish metabolism, obesity, atonic uterine tissues and menstrual irregularity. Tonic for torpid persons, with cold, clammy skin. Relieves irritation and chronic inflammation of bladder.

**Dose:** Take 30 to 40 drops, 2 to 4 times per day. To enhance appetite and digestion take 15 minutes before meals.

**Cautions:** Larger doses may cause nausea.



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.