

Product Profile

BLESSED THISTLE

Cnicus benedictus

Liquid extract of dried flowering herb.

Actions: Digestive bitter that tonifies stomach. When taken hot, it is diaphoretic and promotes menstrual flow. Galactagogue.

Uses: Loss of appetite, atonic dyspepsia and poor digestion (especially fats); sluggish liver. Suppressed menses due to colds or chill. Beginning of fevers and inflammations.

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.