

BLOODROOT

Sanguinaria canadensis

Liquid extract of dried rhizome (1:10 herb/extract ratio).

Actions: Stimulates mucous membrane secretions; expectorant. Topical antifungal.

Uses: Sluggish mucous membranes; general atonic conditions of sinuses, lungs and bronchi, (especially in harsh, dry coughs). Sluggish capillary circulation of skin, and cold extremities. Topically against ringworm or warts.

Dose: Take 10 to 20 drops in half-cup of water, 2 to 4 times per day. (These doses are based on the 1:10 extract only.) Topically, wet wart or fungus area several times a day, but avoid applying to surrounding healthy areas.

Cautions: Do not take undiluted extract drops internally. Lower dosage or discontinue use if stomach irritation, nausea, vomiting or other distressful symptoms occur. Do not take during pregnancy or nursing.



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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