

## Product Profile

# BLUE FLAG

*Iris versicolor*

Liquid extract of fresh rhizome with rootlets.

**Actions:** Alterative, cholagogue and laxative in moderate doses, and emetic and cathartic in large doses. Increases secretions of salivary glands, liver, gallbladder, pancreas, spleen and intestines. Promotes excretion of metabolic wastes, and corrects faulty, retrograde metabolism and associated blood, lymphatic and glandular toxicity.

**Uses:** Wasting diseases associated with chronic, torpid conditions: non-malignant enlargement of spleen, thyroid (especially with menstrual, ovarian and uterine disorders), and lymphatics (soft and yielding lymph nodes); enlarged uterus or ovaries, leukorrhea, congestive dysmenorrhea, ulceration of os and cervix, and uterine fibroids. Rheumatic conditions. Liver and gallbladder torpor and congestion due to venous and lymphatic stasis; jaundice, chronic hepatitis and other chronic liver disorders, with flatulence, constipation or clay-colored stools; headache, vertigo, nausea or vomiting caused by indigestion or biliousness, especially after eating fats. Alterative in various skin conditions, especially if skin is inactive, jaundiced or is rough and greasy. Indicated in pustular eruptions, acne and disorders of the sebaceous glands; ulcerating or oozing skin diseases; chronic and persistent psoriasis or eczema.

**Dose:** For normal, gentle action, extract is best taken in small doses, well diluted, and repeated at short intervals. Mix 40 to 60 drops into half-cup water and take 1 teaspoon every 1 or 2 hours (mix well before each dose).

For stronger, more pronounced action mix 10 to 20 drops into half-cup water and drink all at once -- do this 2 or 3 times per day. These stronger doses are best combined with demulcents (e.g., Marshmallow or Comfrey) and carminatives (e.g., Fennel or Anise).

For most adults, maximum total dose should not exceed 60 drops per 24-hour-period, or even less for more sensitive individuals, and should not be taken for longer than 1 week.

**Cautions:** Do not take undiluted extract drops internally. Lower dosage or discontinue use if abdominal pain, nausea, vomiting, diarrhea or other distressful symptoms occur. Take in small doses in fever and acute inflammatory conditions. Consult a qualified midwife or physician before taking during pregnancy or breastfeeding.



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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