

BUTTERBUR

Petasites hybridus

Liquid extract of fresh rhizome (less than 1 ppm PAs).

Actions: Antispasmodic. Soothing, demulcent, expectorant and antitussive. Sedative and analgesic.

Uses: General coughs and bronchitis; especially indicated in chronic spasmodic coughs. Inflammatory and allergic reactions of the nasal, throat and bronchial membranes; laryngitis, pharyngitis, rhinitis and asthma. Muscle spasms; acute spasms and pain of urinary tract and gallbladder; nervous stomach; menstrual cramps. Headaches and migraines. Low back pain.

Dose: Take 30 to 40 drops, 2 to 5 times per day. As expectorant, is best taken in hot water or tea.

Cautions: Avoid Petasites preparations containing more than 1 part-per-million of pyrrolizidine alkaloids (PAs).



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.*