

## Product Profile

# CALAMUS

*Acorus calamus* var. *Americanus*

Liquid extract of dried unpeeled rhizome.

**Actions:** Aromatic bitters and carminative that stimulates appetite and enhances good digestion. Tonic to mucous membranes of mouth and throat. Deters taste for tobacco. Sharpens memory.

**Uses:** Poor appetite, poor digestion and dyspepsia; pain and uneasiness in stomach and bowels; intestinal gas; diarrhea and dysentery. Coughs, bronchitis and chest colds. Tobacco addiction. Failing memory due to old age or drug abuse.

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

**Cautions:** European and Asian varieties contain the potentially toxic compound,  $\beta$ -asarone, which is not found in the North American variety, *Acorus calamus* var. *Americanus*.



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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