

## Product Profile

# CALENDULA

*Calendula officinalis*

Liquid extract of dried flowers.

**Actions:** Excellent vulnerary that promotes healing of skin; anti-inflammatory. Topical antibacterial and antiviral.

**Uses:** Cuts, abrasions and burns; bacterial infections of the skin; ulcerations and sores of the mouth, throat or skin; herpes; varicose veins and hemorrhoids; insect stings; bruises and "black eye."

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. As a dressing or wash use full-strength (if well tolerated), or dilute with 2 to 3 parts water.

**Cautions:** None known.



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.