

Product Profile

CARDAMON

Elettaria cardamomum

Liquid extract of dried, semi-mature capsule with seed (unbleached).

Actions: Warming stomachic and carminative. Gentle liver and bile stimulant. Diuretic. Delicious aromatic corrigent.

Uses: Flatulence and colic. Nausea and mild stomach disturbances. Agreeable addition to liver, gallbladder and digestive formulas. Flavoring for syrups, compounds, etc. (esp. bitters and laxatives).

Dose: Take 30 to 40 drops, 2 to 5 times per day.

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.