

Product Profile

CATNIP

Nepeta cataria

Liquid extract of fresh leaf & flowering tops.

Actions: Mild sedative and antispasmodic. Mild carminative. Mild diaphoretic to lower fevers. Excellent remedy for children.

Uses: Indigestion, dyspepsia, flatulence and infant's colic. Fevers, colds and flu. Nervousness, restlessness, sleeplessness and nervous headache; persistent crying. Menstrual maladies accompanied by nervous tension.

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