

Product Profile

COLTSFOOT

Tussilago farfara

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

Actions: Sedative to coughs; demulcent expectorant that thins and expels mucous in respiratory tract. Anti-inflammatory.

Uses: Coughs; infection of upper respiratory tract, with thick mucous and cough; asthma, bronchitis, hoarseness, laryngitis.

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

Cautions: Avoid Coltsfoot preparations containing more than 1 parts-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.

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