

## Product Profile

# COMFREY

*Symphytum officinale*

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

**Actions:** Superb wound healer and cell-proliferant (vulnerary); anti-inflammatory. Demulcent and mildly astringent; expectorant.

**Uses:** Used internally and topically to heal cuts, abrasions, burns, ulcerations, bruises, broken bones, and strained ligaments and tendons. Chronic inflammation, passive bleeding and excessive mucous discharge of gastrointestinal, urinary and respiratory tracts. Gastric and duodenal ulcers; colitis. Coughs (esp. dry unproductive type).

**Dose:** Take 30 to 60 drops, 2 to 5 times per day. Topically apply full-strength (if well tolerated), or dilute with 2 or 3 parts water.

**Cautions:** Avoid Comfrey preparations containing more than 1 parts-per-million of pyrrolizidine alkaloids (PAs). Take care on deep cuts or puncture wounds not to heal top of wound before inside of wound.



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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