

Product Profile

DAMIANA

Turnera diffusa var. *aphrodisiaca*

Liquid extract of dried leaf & flower (minimal stem).

Actions: Flavorful aromatic. Mild sedative. Soothing tonic to sexual and urinary organs; purported to increase libido. Promotes healthy menstruation. Soothing diuretic and expectorant.

Uses: Nervous debility and anxiety. Sexual atony and lack of libido in women. Inflammation of sexual organs and urinary tract in men and women. Menstrual malaise and discomfort. Taken in hot water it promotes onset of tardy menstrual period, but is not abortive. Emotional moodiness associated with PMS or menopause. Respiratory irritation and coughs.

Dose: Take 30 to 40 drops, 3 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.

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