

Product Profile

FENNEL

Foeniculum vulgare

Liquid extract of dried mature seed.

Actions: Stomachic and carminative. Expectorant. Gentle liver and bile stimulant. Enhances production of breast milk. Aromatic flavoring and corrigent. Excellent remedy for children.

Uses: Indigestion, flatulence and fullness after meals; nausea and stomach disturbances; infant colic. Coughs and colds. Agreeable addition to liver, gallbladder and digestive formulas. Suppressed or insufficient lactation. Flavoring for syrups, compounds, etc. (especially bitters and laxatives).

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

Cautions: Consult a qualified midwife or physician before taking during pregnancy.



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.