

Product Profile

HOREHOUND

Marrubium vulgare

Liquid extract of dried leaf & flower.

Actions: Stimulant to all mucous membranes, but especially of the larynx and bronchi. Soothing expectorant and antispasmodic. Bitter digestive tonic and stomachic. Large doses can be laxative and emetic. Diaphoretic when taken hot.

Uses: Bronchitis; colds, flu and coughs (esp. non-productive coughs); chronic respiratory phlegm; asthma; hoarseness and laryngitis with loss of voice. Poor digestion due to atony of digestive system. Taken hot to bring on tardy menses.

Dose: Take 30 to 40 drops, 2 to 5 times per day. To enhance appetite and digestion take 15 minutes before meals.

Cautions: Large doses may cause nausea or itchy skin in some sensitive individuals.



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.