

Product Profile

HYSSOP

Hyssopus officinalis

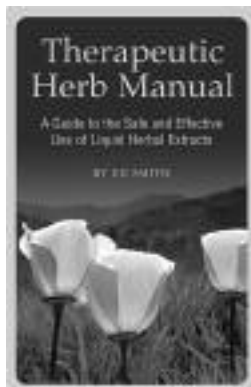
Liquid extract of dried leaf & flower.

Actions: Antioxidant and anti-inflammatory. Antiviral. Mild sedative. Promotes appetite and good digestion. Soothing expectorant. Mildly diaphoretic. Pleasant aroma and flavor makes this an enjoyable herb for children.

Uses: Inflammation of sinuses, throat, larynx and bronchioles: sinusitis; hay fever and other allergic symptoms of the sinuses and upper respiratory tract; asthma; as a gargle for sore throat. To facilitate the discharge of sinus and respiratory mucous. To lower fevers. Treatment of colds and flu. Viral infections when used with stronger antiviral herbs like Lomatium and St. John's Wort. Topically to disperse bruises.

Dose: Take 30 to 40 drops, 2 to 5 times per day. Best taken with hot water or tea to treat fevers, colds, flu and respiratory congestion.

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.

**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.*