

## Product Profile

# LAVENDER

*Lavandula angustifolia*

Liquid extract of dried flower (no stems).

**Actions:** Pleasant aromatic and stomachic. Mild sedative and nerve tonic; anti-depressant.

**Uses:** Nervousness, anxiety, worry, depression. Sleeplessness; nightmares. Headache.  
Nervous stomach, nausea and motion sickness; indigestion.

**Dose:** Take 30 to 40 drops, 2 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.

*\*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.*