

## Product Profile

# LEMON BALM

*Melissa officinalis*

Liquid extract of fresh leaf & flowering tops.

**Actions:** Pleasant aroma and taste; stomachic. Mild sedative and tranquilizer; antispasmodic. Promotes sweating (taken hot) and lowers fevers. Antiviral.

**Uses:** Nervous irritation; headaches; nervous heart; nervous stomach and indigestion with flatulence. Chills and fevers. Menstrual blues and emotions. Herpes (used internally and topically) and other viral diseases. Excellent remedy for babies and young children: colds, flu and fevers; teething; nervousness, over-excitment, peevishness and sleeplessness; colic.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. Take in hot water for fevers. Topically apply full-strength.

**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.