

Product Profile

LINDEN

Tilia spp.

Liquid extract of dried flower with bract.

Actions: Sedative and antispasmodic; hypotensive. Diuretic. Diaphoretic. Mild astringent.

Uses: Fevers, colds and flu; coughs. Nervous tension and headaches. High blood pressure. Diarrhea. Excellent remedy for children.

Dose: Take 30 to 40 drops, 2 to 4 times per day. To induce sweat during fevers, take drops in hot water.

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.