

## Product Profile

# MULLEIN

*Verbascum thapsus* & *V. olympicum*

Blended liquid extracts of fresh leaf, flower & bud.

**Actions:** Soothing expectorant. Soothing demulcent to lymphatics and mucous membranes. Soothing diuretic.

**Uses:** Inflammation of respiratory and urinary passages; dry coughs and hoarseness; cystitis and burning urine. Sores in mouth and throat. Diarrhea. Lymphatic irritation and swellings; mumps. Moderates stronger-acting lymphatic herbs (e.g., Poke root).

**Dose:** Take 30 to 60 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.

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