

Product Profile

OAT SEED

Avena sativa

Liquid extract of fresh, immature seed harvested in the “milky” stage.

Actions: Restorative nerve and heart tonic.

Uses: Neurasthenia (nervous depletion) and nervous breakdown; worry, anxiety and depression; nervous insomnia. Sexual depletion or exhaustion. Enfeebled heart. To aid convalescence after debilitating disease. Support withdrawal from tobacco and other drug addictions; delirium tremens.

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.