

Product Profile

ROSEMARY

Rosmarinus officinalis

Liquid extract of fresh leaf.

Actions: Excellent antioxidant. Diffusive general stimulant to blood circulation and nervous system. Antispasmodic effect on upper intestine and gallbladder ducts, and promotes production of bile. Hepatoprotective.

Uses: Low nerve force and poor blood circulation. Emmenagogue for recent suppression of menses from exposure to cold. Painful or congestive menstruation. To enhance appetite and digestion, and to treat dyspepsia. Carminative to relieve gas. Gallbladder torpor or colic. Fevers, colds, flu, and respiratory congestion. Headaches. Poor memory. Adjunct in treatment of high blood pressure.

Dose: Take 30 to 40 drops, 2 to 4 times per day. To enhance diffusive stimulant action, take drops in hot water or tea.

Cautions: Consult a qualified midwife or physician before taking during pregnancy.



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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