

## Product Profile

# THYME

*Thymus vulgaris*

Liquid extract of dried leaf & flower (no stem).

**Actions:** Aromatic. Antiseptic. Carminative. Diaphoretic and a diffusive circulatory stimulant when taken hot. Bronchial antispasmodic and expectorant.

**Uses:** Taken hot for fevers, colds and flu. Coughs, bronchitis, asthma and bronchial spasms, and expectoration of upper respiratory catarrh. As a gargle for sore throat, tonsillitis and laryngitis. To relieve dyspepsia, colic, flatulence, diarrhea and gastrointestinal spasm. Taken hot to induce menstruation due to circulatory stasis.

**Dose:** Take 30 to 40 drops, 2 to 5 times per day. Drops can be taken with hot water or tea when indicated.

**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.