

Product Profile

USNEA

Usnea spp.

Liquid extract of dried tree lichen.

Actions: Usnea's usnic acid has shown effective anti-microbial activity against fungus, trichomonas protozoa, gram-positive bacteria (e.g., *Staphylococcus*, *Streptococcus*, and *Pneumococcus*, including penicillin resistant strains), and tuberculosis bacillus. Usnic acid shows no antimicrobial activity against gram-negative bacteria (e.g., *E. coli* and *Salmonella*). Increases resistance against colds and flu.

Uses: Fungus infections (e.g., candidiasis, athlete's foot, ringworm); boils; impetigo; mastitis; bronchial infections and pneumonia; sore throat or strep throat (gargle); sinus infections (diluted spray); skin and lung tuberculosis; trichomoniasis; dysentery (but not typhoid, cholera or other intestinal infections caused by gram-negative bacteria). Especially effective against urinary tract infections and upper respiratory infections.

Dose: Take 30 to 40 drops, 2 to 5 times per day. Topically apply full-strength extract if well tolerated, or dilute with 1 or 2 parts water. As a gargle, mix drops in a little water and gargle several times per day. As a nasal spray, mix 15 to 25 drops in half-cup saline solution and use 2 to 4 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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