

## Product Profile

# VIOLET

*Viola tricolor*

Liquid extract of fresh flowering plant.

**Actions:** Soothing, demulcent expectorant and diuretic. Lowers fevers. Mild sedative. Gentle and effective alterative for babies and young children.

**Uses:** General infections, fever, colds, flu and coughs. Skin eruptions, hives, eczema, cradle cap and milk-crust. Smelly, staining or burning urine. Violet is especially indicated, and is very safe for babies and young children.

**Dose:** Adults can take 30 to 40 drops, 2 to 5 times per day. Lower dosage according to body weight for children (see Clark's Rule, pg. 135).

**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.