

Marshmallow

Althaea officinalis L.

Fluid extract standardized to contain $\geq 5\%$ mucillages (Ph. Franç.).

Marshmallow is a perennial herb originally native to Asia and then spread westward to Southeast Europe and Eastward to China.

The chief components are starch, **mucilages**, pectins, flavonoids and phenolic acids.

Marshmallow has a very long history of use both as a food and as a traditional remedy; it is well known for its **demulcent** and **anti-inflammatory** properties in case of dry cough, oral and pharyngeal irritation and mild inflammation of the gastric mucosa. It is also used for irritable bowel syndrome and externally for insect bites and ulcers. No health hazards or side effects are known so far in healthy individuals when correctly administered.

The suggested dose is 1-2 ml up to 3 times daily

(two times less than a 'traditional fluid extract' with DER 1:1).

Also available in organic version on request



Part of plant used: root