

Round-headed Lespedeza

Lespedeza capitata L.

Fluid extract standardized to contain 2-4% total flavonoids expressed as rutin.

Lespedeza is a shrub native to the North-Eastern America. The chief components of aerial parts are **flavonoids** and tannins. It is well known as diuretic and depurative; it helps to preserve renal function by acting as angiotension converting enzyme (ACE) inhibitor. Moreover, there are evidences related to its use for the prevention of cardiovascular diseases, since it is involved in the metabolism of lipids and cholesterol. Topically it is used as skin conditioning. No health hazards or side effects are know so far in healthy individuals when correctly administered.

The suggested dose is 0,10 - 0,15 ml up to two times daily
(five-six times less than a 'traditional fluid extract' DER 1:1)



Part of plant used: aerial parts