

# Mallow

*Malva sylvestris* L.

Fluid extract standardized to contain  $\geq 5\%$  mucilages.

Mallow is a biennial or perennial herb, spread all over the world. The chief components of leaves are flavonoids, **mucilages**, and tannins. The genus name "Malva" has Latin origin (*mollire*) meaning 'making softer', in fact its traditional use is linked to **emollient** and soothing properties; it also has **mucous membrane-protective effect**.

Mallow has a very long history of use for treating **coughs**, bronchitis, asthma, cold, inflammation of the mouth and pharynx, and gastro-intestinal disturbances. In this latter case, Mallow is used for constipation thanks to its **laxative effect with osmotic mechanism**. Topically, it is traditionally used in case of dermatitis, abscesses, burns and insect bites. 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: leaves