



Catnip

Stock #180-4 (100 capsules)

Catnip exhibits a soothing, sedative effect on the digestive system, relieving colic, diarrhea, flatulence, nervous indigestion, stomach upset, stress-induced dyspepsia, and headaches associated with digestive problems. Catnip also helps excitability, insomnia, and palpitations. In addition, catnip acts as a mild antispasmodic to alleviate chronic coughs and abdominal and menstrual cramping.

Catnip stimulates profuse sweating which helps reduce fever. Catnip also acts as a mild astringent in mucus membranes and has been shown to have some antibiotic properties. In fact, catnip is commonly used in children's formulas for bronchial infections, colds, fever, and flu. Catnip has also been found to stimulate appetite prior to meals and improve digestion following meals.

A combination of catnip and fennel extracts is popular for treating colic in young children.

Recent research shows the extract of catnip exhibits cytotoxic (toxic to certain cells) activity against HELA-S₃ cancer cells in cell cultures.

Catnip is rich in chromium, iron, manganese, potassium, and selenium, and has been shown to be effective for iron-deficiency anemia. Catnip also contains vitamins A, B₁, B₂, B₃ (niacin), B₅ (pantothenic acid), B₆, B₉ (folic acid) and B₁₂.

Catnip contains iridoids, tannins and a volatile oil comprised mainly of alpha-nepetalactone, beta-nepetalactone, citronellol, and geraniol. The nepetalactones in catnip's volatile oil have been shown to provide sedative properties similar to the active constituents in valerian.

As a side note, researchers believe the iridoid glycoside, actinidine, is responsible for catnip's stimulatory effect on felines.