



Chickweed

Stock #220-2 (100 capsules)

Stock #221-3 (100 Vegitabs)

Chickweed has been shown to provide anti-inflammatory properties, both internally and externally. Chickweed stimulates the production of mucosal fluids to cool inflammation, soothe irritated tissues, and promote healing. Chickweed also acts as a blood purifier and provides anti-rheumatic properties.

Chickweed helps thin mucus build-up in the lungs which is of benefit for treating asthma, colds, coughs, pleurisy, and other respiratory ailments. Chickweed also promotes a cleansing, soothing, tonic effect on the urinary system for relieving cystitis and urinary tract inflammation.

Chickweed provides ample amounts of viscous fiber and stimulates digestion to help gastrointestinal problems such as constipation, hemorrhoids, intestinal toxicity and

ulcers.

Research has confirmed the existence of antibiotic activity against various respiratory pathogens, including *Mycobacterium tuberculosis*.

Chickweed has primarily been used externally in the form of creams and poultices. Its application for inflammatory skin conditions has been shown to be quite effective, especially for reducing inflammation, relieving itching, drawing out toxins, fighting infection, and promoting tissue healing and repair. Chickweed is often recommended for treating abscesses, boils, eczema, psoriasis, skin ulcers, urticaria (nettle rash), vaginitis, and varicose veins. Chickweed has also been used in the form of an eyewash to relieve eye inflammation.

Although thorough research is still needed, chickweed may prove useful in the treatment of tumors and certain types of cancer.

Chickweed contains various active constituents, including coumarins, flavonoids, and triterpenoid saponins, as well as vitamins and minerals. Researchers believe saponins may be responsible for chickweed's effectiveness for reducing itching and enhancing expectoration. Chickweed is also beneficial for iron-deficiency anemia due to its high iron content, as well as debility and weakness because of its combined nutrient profile and ability to enhance assimilation and absorption.

Chickweed contains high amounts of calcium, iron, magnesium, manganese, silicon, and zinc, the electrolytes potassium and sodium, vitamin A, and protein. Chickweed also supplies ascorbic acid (vitamin C), vitamins B6, B12, D, and the mineral copper.

Excessive intake of chickweed can cause diarrhea and vomiting. Chickweed is not recommended during pregnancy.