



Feverfew

Stock #288-1 (100 capsules)

Feverfew has often been used to treat the same problems one would use aspirin for, particularly arthritis, fever, and migraine headaches. As feverfew gains in popularity, it is being used increasingly for asthma, dysmenorrhea, and inflammatory skin problems.

Feverfew helps migraine headaches by reducing two chemicals in the body which, in excess, are believed to be responsible for the intense head pain, nausea and light-sensitivity associated with migraines: prostaglandin, which causes inflammation; and serotonin, produced by blood platelets, which constricts and then dilates arteries. Researchers have confirmed feverfew's ability to inhibit the formation of prostaglandins affiliated with pain and inflammation. Feverfew also slows the rate at which blood clots, which is believed to play a part in at least some migraine headaches. Furthermore, feverfew has been shown to prevent enzyme and histamine release from immune cells, which has been linked with inflammation, and may explain the herb's traditional use for treating arthritis.

Besides headache-relief, feverfew reduces fever and cools the body. Feverfew has been used for centuries to promote menstruation, as well as stimulate the uterus to expel the placenta following difficult deliveries. Feverfew is also recommended as an antispasmodic and diuretic.

Initial studies showed 25mg of feverfew, taken twice a day, relieved the pain of migraine headaches and often completely prevented them. However, more recent research has identified the primary active ingredient in feverfew to be a substance called parthenolide, a sesquiterpene lactone. The most current scientific studies show maximum benefits and pain relief are achieved by a daily intake of 600mcg of parthenolides.

A randomized, double-blind, placebo-controlled study published in *Lancet* demonstrated that feverfew significantly reduced migraine headaches. A total of 72 individuals participated in the study which lasted 8 months.

NSP's concentrated feverfew supplement provides 500mcg of parthenolide per capsule.