



## Mullein

Stock #460-7 (100 capsules)

Mullein is most commonly associated with respiratory problems, known to provide soothing relief to the lungs and throat. Mullein has been a popular natural remedy for asthma, colds, coughs, croup, emphysema, hoarseness, laryngitis, sinus congestion, tonsillitis, whooping cough, and other respiratory ailments. Mullein is specifically recommended for bronchitis and tracheitis.

Mullein contains mucilaginous substances, called polysaccharides, which protect mucous membranes and prevent them from absorbing toxins. The cooling, soothing properties of the mucilage lubricates tissues, reduces inflammation, and enhances healing. Mullein relaxes muscle spasms which helps relieve chronic coughing and abdominal cramping. Mullein also provides diuretic, analgesic (pain-relieving), antiseptic, and antibacterial benefits. Such properties support mullein's use for treating allergies and hayfever, dysuria, glandular swelling, hemorrhoids, inflammatory skin conditions, influenza, nephritis, ulcers,

urinary tract infections, and even nervous tension and insomnia.

Mullein helps reduce the formation of mucus and stimulates the expectoration of excess phlegm. Some researchers believe mullein's expectorant action is due to the presence of triterpenoid saponins in the plant. Mullein also contains tannins which help shrink inflamed and swollen respiratory passages, thus allowing for easier breathing. Additional active constituents found in mullein include flavonoids and a volatile oil.

According to an earlier study in *Antibiotics and Chemotherapy*, mullein has been shown to inhibit the bacteria responsible for tuberculosis, *Mycobacterium tuberculosis*.

Mullein can also be applied externally to heal boils, burns, scalds, sores, rheumatic pain, and wounds, and to relieve itching. In Germany, mullein is steeped in olive oil and used for ear infections, earache, and hemorrhoids.

Mullein is very rich in iron, and is a good source of vitamins A, B2, B12, niacin, pantothenic acid, and C, as well as the minerals calcium, magnesium, manganese, and silicon.