



## Rose Hips

Stock #580-1 (100 capsules)

Rose hips are the dried fruit of roses, most of which are derived from the Dog Rose (*Rosa canina*). During World War II, the governments of England, Norway and Sweden discovered rose hips to be a rich source of vitamin C, containing anywhere from 10-100 times more than any other food. Rose hips also contain vitamins A, B1, B2, D, E, K, P, pantothenic acid, flavonoids, carotenoids, and the minerals calcium, iron, phosphorus, and zinc.

Rose hips are a source of astringent tannins and related phenolic substances, making rose hips beneficial as a tonic and astringent capable of tightening tissues and slowing the discharge of blood and mucosal fluid. Thus, rose hips are often used for diarrhea and gastritis. Rose hips' rich supply of bioflavonoids has been shown to increase the absorption of vitamin C, which in turn, strengthens connective tissues and reduces capillary fragility, easy bruising, hemorrhoids, and varicose veins.

Rose hips also help stimulate immune function and fight infection and inflammation, useful for treating colds, fevers, general debility, and inflammatory skin conditions. Rose hips tea is recommended for bladder and kidney problems, while rose hips syrup is a popular remedy in Europe for nourishing young children and relieving sore throat, thirst and weakened immunity. Rose hips are also known to combat stress.