

# Catnip & Fennel

59 mL, Liquid herbal extract, Stock No. 3195-3

**C**atnip & Fennel is a synergistic combination of two time-honored botanicals, which primarily support the digestive and nervous systems.

This convenient liquid form is easy to use with infants and small children, and is especially helpful for colic.

## *Did you know?*

You don't have to be a herbalist to know the effect of catnip on cats. But here's a case where one species' intoxicant is another's calmer.

During the third century BC, Hippocrates prescribed fennel to treat infant colic. Four hundred years later, Dioscorides called it an appetite suppressant and recommended the seeds to nursing mothers to boost milk production.

## *NSP Advantage*

59 mL Liquid Herb in a glycerin base.  
Alcohol free.

*Ingredients:* Pure extract of catnip herb (*Nepeta cataria*) and fennel oil (*Foeniculum vulgare*) in vegetable glycerin. Contains naturally-occurring amounts of B vitamins, calcium, chromium, iron, magnesium, manganese, phosphorus, potassium, and selenium.

*Recommendation:* Children: take 1/4 teaspoon (1.25 mL) three times daily with water.  
Adults: take 1/2 teaspoon (2.5 mL) three times daily with water.

## Features & Benefits

- Stimulates digestion and may help regulate appetite.
- Helps relieve colic, indigestion, upset stomach, gas, and nausea.
- May help to alleviate teething pain and help calm a fussy child.
- Relieves constipation as well as diarrhea.
- Helps reduce fevers.
- Enriches the milk flow in nursing mothers.