

Horsetail

100 capsules, Single Herb, Stock No. 390-2

Joint grass, shave grass, bottle brush, Dutch rushes, scouring rush, bull pipes, pewterwort, devil's guts, paddock-pipes.... So many names exist for one of the oldest herbs known to man. Horsetail, from the Equisetaceae family, has been found in 300 million-year-old fossils. That means Mother Nature has had plenty of time to perfect the benefits of this plant. So, whatever name you give it, you can be sure NSP Horsetail offers an array of benefits that will stand the test of time.

Did you know?

Horsetail plant contains the highest amount of silicon of all known herbs. In addition to silicon, horsetail contains large amounts of potassium, aconitic acid, starch and many fatty acids, which may offer additional nutritional benefits.

NSP Advantage

100 capsules per bottle. Single herb. NSP Horsetail is guaranteed to be the finest available anywhere.

Ingredients: Each capsule contains 360 mg of the finest Horsetail (*Equisetum arvense*) stems and strobilus. Non-medicinal ingredients: gelatin capsule (gelatin, water).

Recommendation: Take orally two capsules with meals three times daily.

Caution: Do not take if you are pregnant or breastfeeding. Consult with a health care practitioner prior to long-term use.

Sources:

King's American Dispensatory
Fyfe's Materia Medica

Features & Benefits

- Horsetail is a diuretic and an astringent. Not surprisingly, traditional sources indicate that Horsetail has been found beneficial in dropsy. Dropsy is an old term for the swelling of soft tissues due to the accumulation of excess water.
- Horsetail has traditionally been used for several ailments related to damp tissues in the body and the urinary system.
- Horsetail is traditionally indicated for patients with suppression of urine, especially when accompanied by non-productive straining or urging.
- Other traditional indications are for hematuria (blood in the urine), gravel (kidney stones), and nephritic affections.
- Traditional sources also indicate that Horsetail has a specific action in irritation of the bladder, in the nocturnal urinal incontinence of children, and in urinal incontinence.