

Lobelia Extract

DIN 00763179, 59 mL, Liquid herbal extract, Stock No. 1765-8

Lobelia is an indigenous North American annual plant. It is sometimes called Indian tobacco because the American Indians smoked it for various benefits, and has been shown to contain a substance called lobeline, similar to nicotine. The plant is beautiful as well as useful.

Lobelia is among the most beneficial herbs for the respiratory system. It is a very good respiratory stimulant and bronchodilator. It is also a very effective expectorant.

Did you know?

In his book, *School of Natural Healing*, John R. Christopher, the most prominent herbalist of the twentieth century, wrote, "Lobelia is known as a selective herb. When a fetus is dead, or in an extremely weakened condition, lobelia will cause it to abort. However, if the fetus is well and healthy, and the mother is weak, it will cause the mother to heal and strengthen, enabling her to carry the child until the proper time of delivery. Lobelia accurately and intelligently selects which way it is to go. It is truly a "thinking" herb." In cases of emergency involving narcotic or poisonous overdoses, large doses of lobelia will induce vomiting, diarrhea and urination to purge the body, and may also provide a sedative-like effect afterward.

NSP Advantage

59 mL Liquid Herbal Expectorant Tincture.

Ingredients: Pure extract of lobelia (*Lobelia inflata*) herb in alcohol and water. The alcohol and water are removed and then diluted in 43 - 50% ethanol, approximately 37% water and 5% apple cider vinegar to give a final concentration of 1:1. Herb equivalency of lobelia is 150 g/liter. Lobelia contains naturally-occurring amounts of manganese, and vitamins A and C.

Recommendation: Adults take 0.5 mL in water three times daily with a meal. Children use one half the adult dosage.

CAUTION: Pregnancy and nursing.

Features & Benefits

- Promotes the discharge of mucus from the respiratory tract.
- Traditional uses of lobelia include help with asthma, chronic bronchitis, epilepsy, and whooping cough.
- Lobelia has also been traditionally used to relax the pelvic muscles in preparation for childbirth.
- May help some people quit smoking by quenching the desire for nicotine.
- May help ease muscle tension and inflammation, and also teething pain.