

# Marshmallow

100 capsules, Single herb, Stock No. 440-0

**M**arshmallow, also referred to as althea, has been used in herbology for some 2,500 years.

Ancient cultures considered marshmallow a food to be eaten during times of famine, as well as a natural healer for abscesses and boils, burns, digestive upset, inflammation, insect bites and stings, sore throat, toothache, urinary irritation, and wounds.

The high mucilage content makes marshmallow an appropriate supplement for the mucous membranes.

## *Did you know?*

The modern confection has none of the plant in it. But in times past, the boiled roots were used to make marshmallows. Served as a vegetable, the plant was considered a delicacy among the Romans. In France, the young tops and leaves are eaten uncooked in salads.

## *NSP Advantage*

100 capsules. Single herb.

*Ingredients:* 450 mg of the finest marshmallow (*Althea officinalis*) root.

Marshmallow is naturally high in chromium, iron, magnesium, selenium, and vitamin C.

*Recommendation:* Take one capsule with a meal twice daily.

## Features & Benefits

- Marshmallow's mucilaginous properties are well known to soothe mucous membranes. Marshmallow relieves inflammation and irritation of the digestive, urinary and respiratory systems.
- Aids the body in expelling excess fluid and mucus.
- Marshmallow has traditionally been used to help eliminate kidney stones and reduce the pain associated with them.
- Marshmallow may help to counteract the effects of excess stomach acid.
- Traditionally used for bronchial congestion, dry coughs, fluid retention, intestinal disorders, kidney problems, painful urination, and sore throat.