

Parsley

100 capsules, Single herb, Stock No.490-9

Parsley is more than just a garnish that sits, usually uneaten, on your plate at the restaurant. Few herbs are more familiar than parsley. It is cultivated almost everywhere in the world.

Parsley is a friend of the digestive and urinary systems. A member of the umbelliferous vegetable family, parsley contains powerful anticancer compounds.

Did you know?

Parsley was not widely used in ancient medicine, but the Roman physician Galen prescribed it for "falling sickness" (epilepsy) and as a diuretic to treat water retention. The Romans also munched sprigs at banquets to freshen their breath - the origin of the parsley garnish on restaurant plates today.

NSP Advantage

100 capsules. Single herb.

Ingredients: 335 mg of the finest parsley (*Petroselinum crispum*) leaves.

Parsley contains naturally-occurring amounts of calcium, magnesium, niacin, phosphorus, potassium, protein, riboflavin, sodium, and vitamins A, C, and K.

Recommendation: Take two capsules with a meal twice daily.

Features & Benefits

- Aids digestion and freshens the breath.
- May help tone the urinary system through its diuretic action.
- Diuretic herbs enhance the elimination of wastes via the kidneys. This action may help dissolve and expel stones and gravel from the kidneys.
- Parsley has seen traditional use as an aid to clearing congestion due to coughs and colds.
- Traditionally used to relieve intestinal gas.
- Parsley has been shown to inhibit the secretion of histamine, which triggers allergy symptoms.