



Calendula INFUSION

ANTI-INFLAMMATORY

Relieves inflammatory conditions

Ingredient

Calendula	flower	<i>Calendula officinalis flos</i>	Organic
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DOSAGE

INTERVENTION: 1 cup, 4 to 5 times per day.

TREATMENT: 1 cup, 3 to 4 times per day.

DIRECTIONS FOR USE

Pour 1 litre of boiling water on 3 tablespoons of herbs, cover and let steep 15 minutes. Filter.

MODE OF ACTION

Calendula is used mostly for its anti-inflammatory and vulnerary properties. It reduces inflammation and promotes the health of the lining of the mouth, throat, stomach, intestines and vagina. Infusion of calendula is also very useful for inflammatory conditions of the digestive system (peptic ulcer, duodenal ulcer, gastric or duodenal inflammation, permeability of the intestines). It is used as a gargle or a mouthwash to treat sore throats, pharyngitis, gingivitis and periodontal diseases. Its antifungal properties are useful to treat thrush, vaginitis and athlete's foot.

As a blood purifier and lymphatic herb, calendula decongests the lymphatic system and reduces inflammation of the lymph nodes, promotes lymph circulation and helps eliminate toxins. It is beneficial for skin problems such as eczema, psoriasis, acne or other chronic skin problems. Calendula is used in combination with other diaphoretic herbs like yarrow and elder flower to treat latent infections where the immune system is weak or for acute infection accompanied by fever.

For gynecological problems, the astringent, antifungal and anti-inflammatory properties of calendula are very useful to relieve vaginitis (whether caused by bacteria or yeast), inflammation of the vaginal wall and leukorrhea.

Calendula officinalis is a liver protector and cholagogue. It regulates gallbladder functions and lowers elevated enzyme levels associated with liver damage. It stimulates venous circulation, is anthelmintic and antioxidant, helps regulate blood sugar and blood fat levels.

The main constituents of calendula are resins, carotenoids (lutein, lycopene, flavoxanthin), polysaccharides, flavonoids (kaempferol, quercetin), terpenoids (stigmasterol, saponins, lupeol), sterols, bitter principles, mucilage, acids (salicylic, palmitic), coumarins and essential oils.

HELPFUL ASSOCIATIONS

PURIFITOP infusion for skin problems, herpes, acne.

DEPURATIX for skin problems.

GINGIVIX for inflammation of the gums.

DIGESTOP for irritation of the digestive tract.

LIVERTOP for liver congestion.

HERBAL SALVE for eczema.

ETHNOBOTANY

External use: varicose veins, varicose ulcer, abscess in the mouth, gingivitis, laryngitis, pharyngitis, irritation due to orthodontic braces, acne, cold sores, genital herpes, vaginitis, itching, athlete's foot, skin lesions that won't heal.

Circulatory system: varicose veins, oedema.

Digestive system: gastric and intestinal inflammation, gastric and duodenal ulcers, irritable bowel syndrome, intestinal permeability, hemorrhoids, liver congestion, candida infection.

Other: mononucleosis.

HISTORY

The name *Calendula* comes from the Latin *calendae* which mean calendar and refers to the ancient belief that calendula flowered at the beginning of each month. During the Middle Ages, calendula was very popular in the markets. It was called poor man's saffron and it was added to food to enhance its colour and flavour. At that time, calendula also adorned churches, especially statues of the Virgin Mary, where it got its popular name of Marigold. The medicinal properties of calendula were well known even in the ancient days of Dioscorides and of the botanist Culpepper in the 17th century. In the 19th century, the eclectic doctors used it to treat stomach ulcers, liver troubles, conjunctivitis, wounds and burns.

CONTRA-INDICATIONS

None known.

INTERACTIONS

None known.

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Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

