



Slippery Elm INFUSION

UPSET STOMACH

Diarrhea and gastrointestinal irritation

NPN 80032085

Ingredient

Slippery Elm	inner bark	<i>Ulmus rubra</i>	Organic
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DOSAGE

TODDLER (2-4 YEARS OLD): 1 gram in 40 ml of warm water or milk, 1 time per day.

CHILDREN (5-9 YEARS OLD): 2 grams in 100 ml of warm water or milk, 1 time per day.

ADOLESCENT (10-14 YEARS OLD): 5 grams in 200 ml of warm water, 1 time per day.

ADULT: 5 grams in 200 ml of warm water, 1 to 2 times per day.

DIRECTION FOR USE

Dilute the powder in a liquid.

Stir before drinking.

Do not strain.

MECHANISM OF ACTION

Slippery elm is a nutritive, vulnerary herb, used to soothe digestive problems and calm inflammation of the respiratory system. It contains mucilage, responsible for its demulcent and emollient properties and polysaccharides that make it water-soluble (swell and retain water). It also contains flavonoids, tannins (astringent), coumarins, starch, proteins, phytosterols and calcium.

Slippery elm is used to soothe irritated or inflamed digestive mucosa. Healing and calming, its prebiotic properties allow beneficial digestive bacteria to multiply. It is a herb of choice for reintroducing foods after gastroenteritis, inflammatory flare-ups due to irritable bowel syndrome and chronic gastric reflux. It is also given to infants suffering from repeated vomiting or violent regurgitation. For this purpose, it can be mixed with small quantities of breast milk. Finally, small sips of slippery elm are taken to soothe irritated vocal cords.

HELPFUL ASSOCIATIONS

RASPBERRY infusion for gastroenteritis.

ESTOMIX for gastroenteritis.

VOCALIX for laryngitis and irritated vocal cords.

DIGESTOP for ulcerative colitis.

TURMERIC capsules for irritable bowel syndrome.

PULMONA TEA for respiratory tract irritation.

ETHNOBOTANY

Digestive system : vomiting, nausea, constipation, diarrhea, colic, gastric hyperacidity, gastric irritation, intestinal irritation, Crohn's disease, gastroenteritis, colitis, gastric or duodenal ulcers.

Toddlers : vomiting, violent regurgitation, gastroenteritis, colic.

Respiratory system : tonsillitis, laryngitis, pharyngitis.

HISTORY

Slippery elm has been used for medicinal purposes since Antiquity. Europeans used the *Ulmus campestris* species while native Americans used *Ulmus rubra*. The inner bark was used internally and externally, mainly for digestive problems and to soothe irritated skin. The Dakota, Omaha, Pawnee and Winnebago used the infusion as a laxative. The Michigan tribe put slippery elm on deep wounds to keep them from closing too quickly. The Potawatomi applied it to boils and eye inflammation. The Ojibwa and Mohegan chewed the bark to soothe sore throats, while the Cherokee used it to treat intestinal problems, dysentery, heartburn, burns, injuries, eye irritation, colds, congestion and coughs. Slippery elm quickly became an important herb for European settlers, who popularized it in their popular medicine, using it mainly for sore throats and diarrhea.

CONTRA-INDICATIONS

Consult a health care professional if symptoms persist or worsen, or prior to use during pregnancy. No contraindication for breastfeeding.

INTERACTIONS

Do not take with prescription drugs. McGuffin et al. recommend spacing the use of prescription drugs so as not to interfere with their absorption.

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All ingredients certified organic

Made according to GMP.

Kosher, vegan and non-irradiated.

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

