



Catnip TINCTURE

CALMS NERVOUSNESS
Relieves digestive cramps

NPN 80009613

50 ml

Each ml contains

Catnip	fresh flowering tops	<i>Nepeta cataria</i>	1:2	452 mg	Organic
Alcohol 30% to 35%, certified organic					

DOSAGE

INTERVENTION: 2 ml, 4 times per day.

TREATMENT: 1 to 2 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Take in a mouthful of water, 15 to 30 minutes before meals. For long-term treatment, use 6 days out of 7.

MODE OF ACTION

As a mild nervine, catnip soothes the nervous system and is very suitable for nervous troubles in children. It is calming, relieves nervousness, agitation, anxiety, irritability and mental hyperactivity. Catnip is mildly sedative and promotes sleep in children with fever, infection or sleep difficulties. It helps relieve nervous headaches.

As a digestive tonic, catnip efficiently relieves digestive troubles caused by nervousness, stress or anxiety. Its antispasmodic action relaxes the smooth muscles of the digestive tract and relieves abdominal cramps, flatulence and stomach upsets. As a carminative, it reduces the production of gas and promotes their expulsion, thereby reducing bloating and discomfort. Taken before meals, it stimulates appetite. Taken after meals, it promotes digestion. The astringency of its tannins make it useful to treat diarrhea. It is helpful for mild motion-sickness.

Nepeta cataria is used to treat hives, eczema and dermatitis. It inhibits the enzyme activity of *Staphylococcus aureus* and reduces its adhesion. As a uterine tonic, it is used for menstrual troubles such as premenstrual syndrome, amenorrhea or dysmenorrhea. Catnip is also an emmenagogue and releases muscle tension.

Catnip contains volatile oils (nepetalactone and its derivatives, valeric acid, camphor, thymol, carvacrol, nepetalic acid, citronellal, pulegone), minerals (Ca, Mg, P, K), trace elements (Cr, Co, Fe, Se) acids (deoxyloganic, rosmarinic), proteins, tannins and terpenes.

HELPFUL ASSOCIATIONS

LULLABY for difficulty sleeping.

COLIC for colic.

ECHINACEA-PROPOLIS for colds and flu.

TEETHING DROPS for teething pain.

ELDERBERRY for nasal congestion.

ETHNOBOTANY

Respiratory system: nasal congestion, sinusitis.

Nervous system: sleep disorders, nervousness, agitation, anxiety, irritability, mental hyperactivity.

Digestive system: colic, indigestion, nervous dyspepsia, gas, bloating, diarrhea, loss of appetite.

Other: teething pain, hives, dermatitis, eczema, *S. aureus* infection, premenstrual syndrome, menstrual cramps, post-partum cramps, headaches.

HISTORY

Known for its stimulating effect on cats, catnip is rather calming on humans. It has been used for decades for its medicinal and culinary virtues. Its leaves are used to make sauces, soups and stews. In the Middle Ages, before the introduction of teas from Asia, catnip infusion was a popular drink. It was one of the main herbs cultivated by the monks in the monastery gardens. In North America, the Cherokee used catnip infusion against colds, colic, cough, dysmenorrhea, fever, hives, hysteria, spasms, stomach aches and worms. The Chippewa used it to reduce fever. Traditionally, the leaves were chewed with other herbs to reduce tooth aches.

CONTRA-INDICATIONS

Consult a health-care practitioner if symptoms persist or worsen. Do not use during pregnancy or breastfeeding.

INTERACTIONS

None known.

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Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

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

