



Fennel TINCTURE

DIGESTIVE ANTISPASMODIC
Gas and bloating

NPN 80015575

50 ml

Each ml contains

Sweet Fennel	seed	<i>Foeniculum vulgare</i>	1:3	313 mg	Organic
Alcohol 57% to 62%, certified organic					

DOSAGE

INTERVENTION: 1 ml, 5 to 6 times per day.

TREATMENT: 2 ml, 3 times per day.

DIRECTIONS FOR USE

Shake before using. Dilute tincture in a mouthful of water. For long-term use, give 6 days out of 7.

MODE OF ACTION

Fennel infusion promotes the proper functioning of the digestive system, especially the stomach and intestines. It is antispasmodic and relaxes the muscles of the digestive tract, which relieves cramps, dyspepsia, nausea and vomiting. As a carminative, it reduces gas and bloating.

Fennel activates stomach function, particularly gastric motility and production of gastric juice. Its antispasmodic action reduces nausea and vomiting. Fennel also stimulates appetite and the production of bile and prevents gallstones.

The anethole contained in fennel increases peristalsis of the digestive tract and has a mild laxative effect. Fennel is therefore useful for constipation and fermentation in the intestines. It is also anti-inflammatory and helps treat irritable bowel syndrome.

Fennel is slightly estrogenic and spasmolytic and is used for dysmenorrhea. It stimulates the production of breast milk and increases its fatty acid content.

Fennel is anti-inflammatory and a mild bronchodilator. It is used for chronic cough and for respiratory infection accompanied by coughing. Fennel reduces bronchial spasms and stimulates muco-ciliary movement of the respiratory tract lining, thus increasing expectoration of mucus lodged in the bronchi. It is also antimicrobial, antioxidant and diuretic.

The main constituents of fennel are tocopherols, essential oils (anethole, fenchone, estragole, limonene), fatty acids (oleic acid, linoleic acid), flavonoids (kaempferol, quercetin, rutin), coumarins, proteins, sugars, vitamins (β -carotene, C) and minerals (Ca, Mg, K, Fe).

HELPFUL ASSOCIATIONS

ESTOMIX for gastric and liver troubles.

LIVERTOP for gas, bloating and intestinal cramps.

DIGESTOP for irritation of the digestive tract.

PULMONATEA for cough and irritation of the respiratory tract.

MENSTRUIX for menstrual pain.

ETHNOBOTANY

Respiratory system: cough, respiratory catarrh.

Digestive system: dyspepsia, gas, bloating, intestinal cramps, irritable bowel syndrome, nausea, vomiting, constipation, diarrhea, colitis.

Other: production of milk, menstrual troubles, water retention.

HISTORY

Fennel has been used in diet and as a medicinal herb since Ancient Egypt and is one of the oldest medicinal herbs. It has been integrated into many traditional schools of medicine such as Ayurvedic medicine as well as Chinese and Japanese traditional medicine. In his writings, Hippocrates mentions that he used fennel to stimulate the production of breast milk and as a diuretic. In the 17th Century, William Cole wrote that fennel was used as a broth and in beverages to help gain weight. In Traditional Chinese Medicine, it was administered for dysmenorrhea, vomiting and diarrhea.

CONTRA-INDICATIONS

Do not use if hypersensitive to herbs of the carrot family or to anethol. Consult a health-care practitioner if symptoms persist.

INTERACTIONS

None known.

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Made according to GMP.

Kosher, vegan and non-irradiated.

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

