

Elecampane Root

(*Inula helenium*)

Elecampane root's primary action is to soothe, relax, and tonify tissues of the respiratory tract. It is particularly supportive of bronchial health, and supports the body's ability to clear congestion from the lungs. It also clears and tones the digestive system, stimulates digestion, supports digestive absorption, and supports pancreatic, liver and urinary function. Elecampane root has inulin, also found in burdock root and dandelion root, which supports immune function. This herb is also warming to the body, and promotes sweating.

Elecampane is a large perennial plant in the sunflower family, with bright yellow flowers. Native to Asia, it spread through most of Europe, was brought to North America by early settlers and is now naturalized throughout the Eastern United States as well as in many other parts of the world. Elecampane has been used for thousands of years in Traditional Chinese and Indian Ayurvedic medicines, as well as in ancient Greece and Rome. Elecampane has extensive history in use with livestock; two of Elecampane's common names are Horseheal for its use with horses, and Scabwort for its use with sheep. Its Latin name *helenium* is from ancient Greek myths of Helen of Troy, who was said to be carrying this plant when she was abducted from Sparta, and Elecampane plants sprouted up from her tears.

Elecampane is best used in liquid form and blends well with other herbs that have similar actions, such as echinacea root, mullein leaf, heal all leaf (self heal), and chokecherry bark (wild cherry). This is one of the finest herbs known for the respiratory system and may be used by all ages, including children.*

SUGGESTED USE: 1/4th teaspoon (1.23 ml) 1 to 3 times a day, or as needed. Shake well.

INGREDIENTS: Vegetable Glycerin, Purified Water, Elecampane Root (*Inula helenium*).

BODY SYSTEM: Respiratory, Digestive, Immune



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Herbs For Your Health

Cedar Bear uses only whole plant parts, Kosher certified vegetable glycerin, and purified water. That's it! Nothing added, nothing taken away. Each herb is put through our proprietary multi-step process so the health benefits that Nature provided the herb with are fully intact. Build, balance, and support your health with Cedar Bear's herbs as the number one choice in your home.

- Tastes Great!
- Manufactured in USA
- NO Alcohol is Ever Used
- NO Preservatives
- NO Refrigeration Needed

Cedar Bear, Liquid Herbal Supplements

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