

## Swedish Herbs 200 ml 32°

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*Maria Treben's Swedish Herbs are used as a tonic, digestive and purifying.*

### DESCRIPTION

**Maria Treben's Swedish Herbs** are a herbal preparation in alcoholic extract according to Maria Treben's original recipe, ready for use.

Swedish Bitters is traditionally used as a **tonic, digestive and purifying agent**. It is highly recommended for spring cures, when in Chinese medicine we would say that the "wood" element dominates. It is a purgative, especially when it contains Aloe, but not all Swedish Bitters on the market incorporate this plant, some replace it with less energetic ones.

People with problems, weakened people and especially those with cardio-circulatory disorders should consult their doctor before using it.

### Instructions for use :

One capful three times a day. Due to its strong bitter taste, it is recommended to dilute the dose in water, juice or infusion, never in milk. You can even add a little honey to reduce its bitter taste.

- For adults: One teaspoon (or 25 drops), 3 times a day. Preferably after meals.
- For children: Depending on age, 2 to 4 drops per year of age.

### Ingredients

Wormwood powder (*Artemisia absinthium*), Natural camphor (*Cinnamomum camphora*), Saffron (*Crocus sativus*), Senna leaves (*Cassia acutifolia delile*), Manna (*Fraxinus ornus*), Myrrh (*Commiphora myrrha*), Angelica root (*Angelica archangelica*), Carlina vulgaris root (*Carlina vulgaris*), Cedoaria root (*Curcuma zedoaria rosc*), Rhubarb root (*Rheum rhabarbarum*), Teriaca venetiana (*Veronica officinalis*). Alcohol 32% vol.

### Conservation

This tincture should be kept away from heat sources and can last for several years, and the longer it is stored, the more effective it is. Swedish Bitters keeps very well and does not lose effectiveness over time.

