

Basil 40g

EAN: 8435110840093 FABRICANTE: NATURLIDER



Basil is used in infusion for digestive problems such as gas, gastrointestinal spasms. Basil infusions also have diuretic properties.

DESCRIPTION

What is basil and what is it used for?

Basil or scientifically *Ocimum basilicum* is a herbaceous plant that reaches between thirty and one hundred and thirty meters in height, has oval, serrated leaves with a silky texture. The flowers are tubular, white or purple.

What part of Basil ?

The flowering top is used.

What are the active ingredients of basil?

- Essential oil, of variable composition depending on the origin
- Mediterranean origin: linalool predominates (45-62%).
- Origin Madagascar, Réunion Island, Comoros Islands: contains mainly estragole or methyl cavicol (65-65%), together with small amounts of cineol, fenchol, linalool and methyl-eugenol;
- Tropical areas predominate (E)-methyl cinnamate or methyl-eugenol.
- Flavonoids: xanthomicrol, quercetin heterosides and kempferol.
- Others: tannins, caffeic acid, esculoside.

What properties does basil have?

- Digestive and appetizer.
- Carminative.
- Diuretic.
- galactogenic.
- Astringent.
- Analgesic and anti-inflammatory

When is taking basil indicated?

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Basil is taken as an infusion. Basil infusions are indicated in case of dyspepsia, gas, gastrointestinal spasms, lack of appetite.

Basil can also be used as a mouthwash or to gargle in case of sores or mouth ulcers.

Does basil have contraindications?

Basil is contraindicated in pregnancy and during lactation. No drug interactions have been described.

