

## Birch Leaf 40 g

EAN: 8435110840017    FABRICANTE: NATURLIDER



*Birch or Betula leaves are used as an infusion as a diuretic or depurative and to eliminate toxins.*

### DESCRIPTION

#### What is Birch?

Birch or scientifically called *Betula alba* is a tree that reaches up to thirty meters in height. Its young branches are hanging. The leaves are petiolate, oval and heart-shaped at the base and toothed.

#### What is Birch Naturlider for?

Naturlider dry birch leaves are used to make an infusion. Birch infusions have anti-inflammatory action at the osteoarticular level, so it will remove the inflammation of the joints in case of arthritis or osteoarthritis. Birch infusions are a natural way to reduce joint inflammation.

We can also take birch infusion if we have an excess of uric acid and urea, also if we have fluid retention, because it has a diuretic effect that will help us eliminate this excess of toxic agents.

#### When is it indicated to take birch leaf infusion?

Birch infusions are indicated in genitourinary infections such as cystitis, urethritis or pyelonephritis. It is also indicated to take an infusion of Birch in case of edema, oliguria, gout, in lithiasis and in renal colic.

#### What does Abdeul's sheet contain?

The main components of the leaves are flavonoids and triterpene derivatives.

- Flavonoids (2-3%). Hyperoside, rutoside, kenferol, avicularin, myricitrin heterosides, quercetol and quercitrin.
- Triterpenes derived from lupan (lupeol and hydroxylated derivatives, betulinol and betulinic acid) and damarene (betulafoldiendiol, -triol and tetrol).
- Essential oil (0.041-1%) containing up to 98% monotropitosside that is transformed into methyl salicylate by enzymatic hydrolysis in the presence of water.
- Others: Vitamin C, carotenes, potassium salts, phenolic acids (caffeic and chlorogenic), catechic, gallic and ellagic tannins, nicotinic acid, bi-procyanidols and triflavonoids.



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### Does Birch have contraindications or side effects?

Birch leaf infusions are contraindicated in pregnancy and lactation.

It rarely produces digestive discomfort, such as constipation, nausea, vomiting.

At the dermatological level, a rash with blister formation can occur in sensitive people.

Birch leaf infusions lack toxicity at reasonable doses, however birch essential oil is very toxic due to its high content of methyl salicylate, both internally and externally, since it is absorbable through the skin. Serious accidents have been described in children, and the ingestion of 10 ml of the essential oil can be fatal. The intoxication presents with nausea, vomiting, pulmonary edema and convulsions.

