

## Marshmallow root 50 gr

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*Marshmallow, althaea, mallow or hemp grass (Althaea officinalis) is a Eurasian herbaceous plant, cultivated since ancient times for its medicinal properties.\**

### DESCRIPTION

**Instructions for use:** It is recommended to use 1 teaspoon of the plant per cup. Add boiling water, let it sit for 5-10 minutes and filter.

**Ingredients:** Marshmallow (Althaea officinalis).

### Health interests:

- Respiratory Health.

**Recommended for:** Adult, Man, Woman, Senior, +50.

\* Source Wikipedia

