



## **COMFREY** *(symphytum officinale)*

### **Common Uses**

Comfrey leaf has long been used externally to promote the healing of bones and wounds, as well as internally to treat a wide variety of ailments from arthritis to ulcers. It has been used widely in Chinese medicine for more than 2000 years. Comfrey is often referred to as "one of nature's greatest medicinal herbs", and has appeared in the U.S. Pharmacopeia. One of the most popular ways to utilize comfrey is as an ointment or a poultice to be applied to sprains, broken bones and other wounds, where it promotes rapid healing of both skin problems and broken bones.

### **Precautions**

Take internally only under professional supervision. Comfrey should also not be used by pregnant or nursing women. Do not take if you have liver damage.

This information is for informational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. Always consult your physician before taking any medicine, herbal or otherwise.

