



IRISH MOSS (*chondrus crispus*)

Common Uses

Irish Moss is mainly taken for coughs and bronchitis, and also as a blood thinner. It's has an expectorant effect that encourages the coughing up of phlegm, and soothes dry, irritated mucous membranes. It is often used for acid indigestion, gastritis and urinary tract infections. Irish Moss can be applied externally to soothe irritated, inflamed skin.

Precautions

Do not use Irish Moss if you take any anticoagulants.

Common Dosages

Capsules: For bronchitis and gastritis, take 2-3 450mg capsules up to 3 times daily

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.

