



PASSIONFLOWER (*passiflora incarnata*)

Common Uses

Passionflower is most widely used as a remedy for insomnia and disturbed sleep patterns. It is used for anxiety, tension and irritability. Its gentle sedative properties have a relaxing effect that reduces nervous activity and panic attacks and is a non-addictive tranquilizer. Passionflower is a valuable pain killer and is used for headache, toothache and menstrual pain. It has been used to treat nausea and vomiting that results from withdrawal from vicodin, cocaine, heroine and other opiate painkillers, as well as alcohol. Passionflower helps with Attention Deficit Disorder and Restless Leg Syndrome, and has been used to relieve the intense pain that sometimes follows shingles.

Precautions

Do not use if you are pregnant or nursing. Take with caution if you have ever had bouts of depression.

Common Dosage:

Capsules: Take 1-2 450mg capsules before bedtime.

Tea: Make a tea using 1 tsp of dried herb in 8oz. hot water up to three times daily

Tincture: 20-35 drops (appx. ½ - one dropper-full or ½ to one teaspoon) up to three 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.

