



## **THYME** (*thymus vulgaris*)

### **Common Uses**

Oil of thyme is the main ingredient in the mouthwash Listerine. Thyme is a strong antiseptic used externally for infected cuts and scrapes and internally for oral and respiratory infections. Thyme bath washes have been used to treat fungal infections such as athlete's foot and vaginal yeast infections. Teas of thyme can be taken orally to treat allergies, asthma, colds, and coughs. The essential oil in the herb encourages coughing up of phlegm. It stops spasms of the bronchial passages. Inhaling essential oil of thyme placed in hot water as aromatherapy has the same benefits.

### **Precautions**

Do not take thyme essential oil internally. Women who are pregnant should not drink thyme tea, although small amounts of thyme used in cooking will not cause side effects. Do not take thyme as a medicine if you have thyroid disease.

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.

