

## QUICK REFERENCE SHEET

# ASP

*(Formerly Antispasmodic)*

Black Cohosh, Blue Vervain, Cayenne, Lobelia,  
Oregon Grape, Skullcap, Wild Yam



0.50 Lobelia  
0.50 Oregon Grape  
0.50 Skullcap  
0.50 Wild Yam  
0.25 Black Cohosh  
0.25 Blue Vervain  
0.25 Cayenne

**Total Herbs 2.75 oz**  
**Tincture Ratio - 1:8**

ASP is useful for muscle cramps, charley horses, mild seizures, coughs, and muscle spasms.

Sometimes the lungs need to expel mucous. In that case, you can use this formula to help the patient rest for brief periods when exhausted, but use an expectorant during the day to prevent the lungs from filling with fluid. WC would be an excellent choice.

For external use as a muscle-relaxing liniment, you can tincture this in almond oil. Be sure to label it as "Not for Internal Use."