

## QUICK REFERENCE SHEET

# HOREHOUND

*Marrubium vulgare*



Part Utilized:  
Aerial portion



### PROPERTIES:

Expectorant, Pectoral, Digestive bitter, Tonic (cardiovascular)

### SYSTEMS AFFECTED:

Respiratory, Digestive, Cardiovascular

### POSSIBLE USES:

pneumonia, asthma, bronchitis

### INGREDIENT IN:

WC

### GENERAL INFORMATION:

Horehound has been renowned since pioneer times for its effects on the respiratory system. Many herbs affect the upper respiratory tract, but Horehound has one unique characteristic—this herb apparently causes the secretion of a fluid mucus which heals damaged air passages within the lungs and is then easily passed from the body.

As a bitter tonic herb, Horehound increases the appetite and normalizes the function of the stomach acids. A lesser known aspect of Horehound is its effects on heart rhythm, improving the regularity of the heartbeat.

Horehound contains iron, potassium, B complex vitamins, and vitamins A, C, E, and F.