

## QUICK REFERENCE SHEET

# ROSEHIPS

*Rosa canina*



Part Utilized:  
Fruit



### PROPERTIES:

Nutritive

### SYSTEMS AFFECTED:

All systems due to the nutritive content, Urinary, Digestive, Respiratory, Cardiovascular, Circulatory, Immune

### POSSIBLE USES:

Crohn's disease, gum disease, strokes, varicose veins, diarrhea, nutrition, to boost immune system

### GENERAL INFORMATION:

Rosehips have extremely high levels of vitamins, particularly vitamin C. Other nutrients include vitamins A, B1, B2, B3, B6, B12, and K as well as thiamin, riboflavin, niacin, folate, pantothenic acid, choline, betaine, and the minerals, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper, manganese, selenium, and fluoride. The nutrients in Rosehips are in an extremely absorbable form.

Rosehips are a gentle remedy for diarrhea and they are mildly diuretic. In addition, Rosehips reduce thirst and alleviate gastric inflammation. In folk remedies in the early years in America, Rosehips were considered a remedy for chest problems.

Iron needs vitamin C to be absorbed; take vitamin C during pregnancy and at other times when the absorption of additional iron is needed. Vitamin C also supports and enhances immune system function.