

QUICK REFERENCE SHEET

WILD LETTUCE

Lactuca virosa



Part Utilized:
Aerial portion



PROPERTIES:

Sedative, Analgesic

SYSTEMS AFFECTED:

Nerves, Muscles, Endocrine/Glandular

POSSIBLE USES:

insomnia, over-activity or over-stimulation in children, coughs

INGREDIENT IN:

PN

GENERAL INFORMATION:

Wild Lettuce is a safe sedative that can be given to adults and children to encourage a restful night's sleep. A small dose can calm over-excitability in children and nervous tension in adults. The sedative properties may be used to quiet a cough but care should be taken to quiet only dry unproductive coughs, and not to use this herb to quiet a cough that is expelling phlegm that needs to be gotten out of the body. Wild Lettuce is also an excellent pain killer and is said to lower the libido.