



WHITE HOREHOUND

Marrubium vulgare (mar-ROO-bee-um vul-GAR-ay)

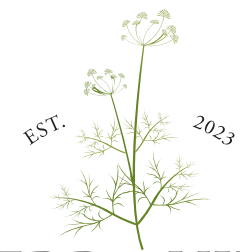
PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-10

EXPOSURE: FULL SUN

MATURE HEIGHT: 12" | SPREAD 18"

BLOOM: WHITE | JULY-SEPTEMBER OF 2ND YEAR



HERB & VINE

— healing plants —



Medicinal



Aroma



Container



Rare



Pollinators



Resistant

Used in herbal medicine since the 1st century, Horehound is an expectorant and tonic that can be safely used by adults and children often made into a tea, syrup or candy in order to disguise its very bitter taste.

- Therapeutic*: used for lung and breathing problems including cough, whooping cough, asthma, tuberculosis, bronchitis, and swollen breathing passages. Also helpful to digestion, diabetes, appetite, indigestion, bloating and gas, liver and gallbladder complaints.
- Its root, used equally with *Plantago lanceolata*, is a remedy for rattlesnake bites.
- Works to thin mucus secretions, reduce spasms in the stomach and intestines, and decrease inflammation.



*Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.



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