



# SKULLCAP

*Scutellaria lateriflora*

PERENNIAL | LAMIACEAE FAMILY

ZONES: 3-9

EXPOSURE: FULL TO PARTIAL SUN

MATURE HEIGHT: 2 FT | SPREAD 18"

BLOOM: BLUE | SPRING-SUMMER



Medicinal



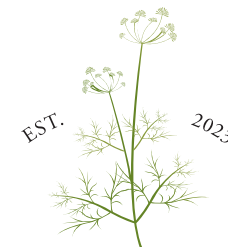
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Named for its helmet-like blue flowers, Skullcap is also commonly known as "Maddog Weed" because of its historical use to treat rabies.

- Therapeutic\*: a great remedy where there is any nervous tension including tension headaches, tightened shoulders, neck or lower back, palpitations, menstrual cramps, tremors, muscle spasms and leg cramps or neuralgia. It can be taken as a tincture at the onset of a panic attack.
- Skullcap and valerian are used in combination by vets to treat nervousness and anxiety in dogs and cats. This blend is said to be particularly good for noise phobias such as with thunder or fireworks.

Caution: Consult with a qualified healthcare practitioner before using herbal products.



*\*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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