

Tribe: Manasseh (Cuban)

Root: Calabash (*Crescentia cujete*)

The fruit yielded saponins, flavonoid, cardenolides, tannins, phenol and presence of hydrogen cyanide. High mean concentrations for manganese, iron, zinc and copper.

Overview: Calabash Forte is a natural support for colds, flu, sore throat and (upper) respiratory tract infections. Used against asthma, bronchitis, colds and flu and helps expel mucus from the respiratory system; boosts the immune system. This is a natural product; no chemicals and preservatives are added. Some studies have suggested that staph infections may respond well to treatment with Calabash. Gastrointestinal disturbances are often treated with it (may cure dysentery and stomach aches). Intestinal spasms often may cause pain and diarrhea, which may be lessened when using the Calabash Forte.

Remedy for: Cold, flu, respiratory tract infections, sore throat, and whooping cough (pertussis).

Dosage: 2 - 4 times a day one full teaspoon not intended for long-term use.

Side effects and/or interactions: Do not use during pregnancy or while nursing unless under the supervision of a healthcare professional. Not suitable for diabetics; not to be used for children under 1 year of age.



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