

# ALFALFA

Father of all nutritious herbs

ANEMIA

DYSPEPSIA

INDIGESTION

HIGH CHOLESTEROL



## ALFALFA Ø

Drug strength 1:10

### Father of all nutritious herbs

**DESCRIPTION:-** Alfalfa (*Medicago sativa*) also known as Lucerne, a member of Papilionaceae family is a native to western Asia and the eastern Mediterranean region. Alfalfa is known as the father of all herbs. Alfalfa is one of the most nutritious plants on earth and its leaves are rich in calcium, magnesium, potassium, Beta-carbonate, Vit. A, B12, C,D,E and K, eight essential amino acids. Alfalfa is the one of the highest fibrous herbs in existence and we are unable to digest its raw leaves. Alfalfa herbal supplements primarily use the dried leaves of the plant. Many years ago Ayurvedic and Chinese physicians used to prescribe the leaves of Alfalfa for poor digestion, water retention and arthritis.

**ACTION:-** It acts upon the gastric system, toning up the appetite with improvement of digestion. Acts as a fat producer, corrects tissue waste. Increases quantity and quality of milk.

**INDICATIONS:-** A digestive tonic for all gastric disorders such as indigestion, dyspepsia, anemia, loss of appetite, and poor assimilation of nutrients. It is also recommended for to stimulate lactation in nursing mothers. High cholesterol levels, weight losing.

**CONSTITUENTS:-** The leaves contain about 2-3% saponins (which blocks the absorptions of cholesterol and prevent the formation of atherosclerotic plaques), flavones, isoflavones, sterols, and coumarin derivatives protein and vitamins A, B1, B6, C, E, and K. Nutrient analysis demonstrates the presence of calcium, potassium, iron and zinc.

**TOXICOLOGY:-** none reported

**CONTRAINDICATIONS:-** none known

**INTERACTIONS:-** none known

**USE IN PREGNANCY AND LACTATION:-** No effects.

**EFFECTS ON ABILITY TO DRIVE AND USE OF MACHINES:-** none

**SIDE EFFECTS:-** none

**OVERDOSE:-** none

**DOSAGE AND ADMINISTRATION:-** Drops: 25 to 40 in a half cup of water thrice daily. Tablets: - One tablet thrice daily.

**PRESENTATION:-** Drops: - 20ml and 120 ml.  
Tablets: - 20 per packet.



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