Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.

Horsetail Herb Tea

To drink as tea
Plant-based medicinal product traditionally used
to flush the urinary tract and for healing wounds.

Fields of application: Traditional internal use for flushing the draining urinary tract, supporting mild urinary tract complaints.
Traditional external use for the supportive treatment of superficial wounds.
This application is based exclusively on the long-standing use of the medicinal product in the field of application.

Contraindications: Hypersensitivity to horsetail herb.
Internal use: Fluid retention (edemas) due to limited heart and/or renal activity.
Recommended reduction in fluid intake due to existing medical conditions.

Precautions for application and warning advice:
Internal use: If symptoms persist for more than a week or recur periodically, or if symptoms worsen or symptoms such as fever, pain during urination, cramp pain, acute urinary retention or blood in the urine occur, a doctor must be consulted.
External use: If symptoms persist for more than a week, or if the symptoms worsen and/or there are signs of skin inflammation with reddening, warming and/or pus, a doctor must be consulted.

Children: Due to insufficient data, the use in children under 12 years of age is not recommended.

Pregnancy and lactation: Insufficient research has been conducted into safety during pregnancy and lactation. Therefore, this product should not be administered during pregnancy and lactation.

Interactions: None known.

Dosage instructions and type of application:
Internal use
Adolescents from 12 years of age and adults, including older persons: Single dose: Pour 150 ml of boiling water over 1 to 4 g chopped horsetail herb and pass through a tea strainer after 10 to 15 minutes, if necessary. Daily dose: 3* to 4x (3 to 12 g chopped horsetail herb).
Be sure drink plenty of fluids as well.
External use
Adolescents and adults: Single dose: Boil 10 g of chopped horsetail herb with 1 l of water. After sufficient cooling, the decoction is used to make moist compresses to place on the affected areas of the skin or to apply to the wound. Daily dose: One to several times per day.

How long to take the medicine for:
Internal use: Do not use for longer than 2-4 weeks. (See also Precautions for application and warning advice).
External use: See precautions for application and warning advice.

Side effects:
Internal use: Mild gastrointestinal disorders may occur. The frequency is not known.
External use: Allergic reactions (e.g. rash) may occur. The frequency is not known.
Reporting side effects: Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: www.bfarm.de. By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

Note: Keep protected against light and moisture. The medicinal product should not be used after the expiry of the best before date.

Active ingredient: 100 g tea contain 100 g horsetail herb.

Information updated: October 2022

Packet sizes available: 150 g medicinal tea

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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.