

ORGANIC • SMALL BATCH • HANDCRAFTED

*Bloomaceuticals*

# Comfrey Root

*Traditional Root Commonly Used in External Herbal Preparations*

*Symphytum officinale*

## COMMON NAMES

Knitbone, Blackwort, Bruisewort

## TRADITIONAL USES & BENEFITS

- Traditional topical herbal support
- Commonly used in salves & balms
- Herbal poultices & compresses
- Skin & external wellness preparations
- Infused oils & botanical body care

## HERB PAIRINGS & SYNERGIES

- Calendula Flower
- Plantain Leaf
- Arnica Flower
- Yarrow
- Lavender
- Chamomile

## WAYS TO USE

External use only in salves, infused oils, balms, poultices, compresses and botanical skincare preparations.

## QUICK FACTS

TASTE	ENERGETICS	PREPARATIONS	BEST USE
Earthy, root-like	Cooling & soothing	Salves, oils, balms, poultices	External use only

## SAFETY & PRECAUTIONS

For external use only. Do not consume internally unless under the guidance of a qualified healthcare practitioner. Avoid use on deep or puncture wounds. Not recommended during pregnancy or breastfeeding without professional guidance.

## STORAGE

Store in a cool, dry place away from direct sunlight and moisture.

## DISCLAIMER

This product is not intended to diagnose, treat, cure, or prevent any disease. Information provided is for educational purposes only.

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■ Handcrafted in British Columbia ■