



Category 3
Single Herb
Tabs / Capsules



Cayenne

(Capsicum) 40,000

100 Caps #104625

Description: The most striking medicinal use of Capsicum is as a catalyst herb in nearly every herbal combination conceivable. As a rule of thumb, Capsicum is added to nearly all formulas except nervines. Its stimulant effects speed the circulation causing it to enhance digestion and absorption and thus the effectiveness of nearly any herbal formula.

Contents / Ingredients

Capsicum is used in this manner in formulas for pain relief of arthritis, female complaints, athletics, infections, heart, laxatives, diuretics, ulcers, thyroid balance, male tonic and cleansing and respiratory ailments. **Cayenne** contains substantial amounts of vitamin C. Chilies also contain a chemical called *Capsaicin* which is what makes them taste hot.

Capsaicin is currently used to treat various

Traditional Therapeutic Action

Supplement Facts

Serving Size 1 Capsule	Amount Per Serving	% Daily Value
Cayenne Pepper (Capsicum frutescens) (fruit) (40,000 heat units)	500 mg	(*)

(*) Daily Value not established

Other ingredients: none.

Cayenne Pepper is a HOT herb that may be more easily taken in capsules with meals.

Contains no sugar, yeast, what, gluten, corn, soy or milk.

painful conditions such as rheumatoid arthritis and diabetic neuropathy. Initially, when capsaicin-containing creams are applied to the skin there is a burning feeling. But shortly afterwards there is pain relief. The relief is a result of interactions between the capsaicin molecule and nerves in the skin and muscles that transmit painful sensations. Capsaicin prevents these nerves from transmitting pain messages back to the brain.

Cross-cultural studies suggest that heart disease is less common in countries such as Thailand, where locals consume large amounts of cayenne pepper. Laboratory research suggests that cayenne acts as an antioxidant and reduces cholesterol levels (LDL), and plaque build up in arteries. Cayenne contains vitamin A, C, and E and other substances that help protect the body against harmful free radicals.

Cayenne was a traditional treatment for fevers, asthma, impaired circulation, sore throats, respiratory tract infections, digestive problems, constipation, and toothaches. More recently, a comparison of chili-eating habits between 103 peptic ulcer patients and 87 healthy individuals found that people who ate more chili peppers actually had a lower incidence of ulcers.

Benefits

- Blocks transmission of pain and itching by nerve fibers in the skin.
- Aids digestion by increasing blood flow to the stomach and intestinal tract.
- Helps stimulate circulation, lower cholesterol levels, and balance blood pressure.
- May be useful in the treatment of fibromyalgia, specifically in the areas of pain, tenderness, and stiffness of muscles, tendons, and soft tissue.
- Relieves postsurgical nerve pain, or pain associated to rheumatoid arthritis and diabetic neuropathy.

SUGGESTED DOSAGE: Take as directed.