PLANT FACT SHEET

Pseudodictamnus rotundifolius (K. Koch) Salmaki & Siadati

GENUS *Pseudodictamnus* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - tea

DESCRIPTION

A herb or small shrub. It keeps growing from year to year.

HABITAT

It is a temperate plant.

NOTES

It has anti-oxidant properties.

REFERENCES

Quispe, C. et al, 2012, Phenolic Constituents of the Chilean Herbal Tea Fabiana imbricata R. & P. Plant Foods for Human Nutrition 67:242-246 (As Ballota rotundifolia)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/08d01f65-a2e9-4a34-b277-932eb46f0a29