PLANT FACT SHEET

Sideritis brevibracteata P. H. Davis

GENUS *Sideritis* **FAMILY** Lamiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - essential oil, Tea, Medicine

DESCRIPTION

A small shrub.

HABITAT

It is a temperate plant.

NOTES

It contain anti-oxidants.

REFERENCES

Guvenc, A., et al, 2010, Investigations of anti-inflammatory, antiociceptive, antioxidant and aldose reductase inhibitory activities of phenolic compounds from Sideritis brevibracteata. Food Chemistry 118: 686-692

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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/53f7dd8b-1c52-48d2-942b-4f5bd6bdf809