Catnip Leaf - Loose Herb

DESCRIPTION

Not Just for Cats

Dried catnip leaf and flower (*Nepeta cataria*) — a soft, grey-green member of the mint family with a minty, earthy taste. Cats love its scent; people have drunk it as a calming tea for centuries.

Long before black tea reached Europe, English country people drank catnip tea. It was a nursery herb — a gentle remedy for colicky babies, restless children and fevers — and Appalachian and Native American healers used it the same way: to calm the nerves, settle the stomach and "break" a fever by bringing on a sweat.

What science has found so far:

- Catnip's main compound, **nepetalactone**, is the one that excites cats — and, it turns out, repels mosquitoes by triggering their irritant receptor. (Melo et al., 2021)
- Herbalists class catnip as a **nervine** (calming), a **carminative** (relieves gas and cramping) and a **diaphoretic** (opens the pores and brings on a gentle sweat in a fever).

The Eastern view: Catnip's close cousin in the mint family, *J?ng Jiè* (??, Schizonepeta), is a major Chinese herb used to "release the exterior" — to open the pores and push out a cold or fever in its first days. That is exactly how Western folk healers used catnip, independently, an ocean away: a hot cup at the first chill, then bed.

Ways to use it:

- **Tea** — 1–2 teaspoons in a cup of just-boiled water, covered, for 10 minutes. Strain and sip.
- **At the first sign of a cold** — a hot cup, then rest under a blanket.
- **Bedtime** — with chamomile or lemon balm.
- **For your cat** — a pinch rubbed between your fingers on a toy or scratching post.
- **Mosquito rinse** — a strong cooled infusion splashed on skin outdoors.

Ingredients: 100% dried catnip leaf and flower.

Size: 1 oz, in a resealable black stand-up pouch with a window. Store sealed, away from light and heat.

Packed to order by a small team of skilled herbal professionals.

Disclaimer

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

We recommend working with a qualified integrative healthcare professional, especially if you are pregnant, nursing, have a medical condition, or take any medications.

Important Safety Information:

- Avoid during pregnancy — catnip has traditionally been used to bring on menstruation.
- It may add to the effect of sedatives and sleep aids.
- Large amounts may cause headache or an upset stomach.
- Keep out of reach of children. Store sealed in a cool, dry, dark place.
