

# IRISH MOSS

**Botanical Name:**

Chondrus crispus

**Common Names:**

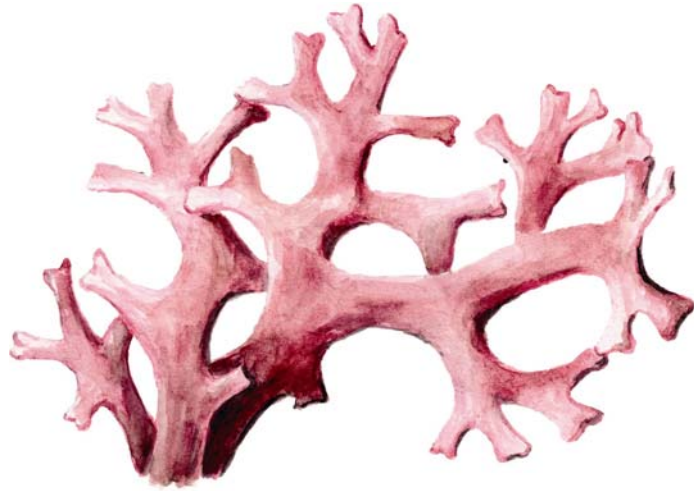
Pearl moss, carrageen, carrahan

**Part used:**

Dried thallus (branch)

**Active Components:**

Contains primarily carrageenans (complex carbohydrates forming gel); proteins, iodine, bromine, iron, magnesium, calcium, vitamin A, vitamin B-1.

**Looks like:**

Irish moss is a seaweed or red alga that grows in waters up to 25m deep. The branches (10 to 30 cm long) are removed from the adhesive disc and then dried on the sun.

**Where it's grown:**

The plant is found on the northern coasts of Europe and North America.

**History:**

This moss has been collected and used by humans for centuries. It was traditionally given as a nourishing food for convalescents and diabetic patients and also used to treat tuberculosis and other respiratory ailments. This herb has also been used to treat various digestive conditions such as gastritis, stomach/duodenal ulcers, and diarrhoea.

**Use:**

Studies have shown the plant's value in treating peptic ulcers and dyspepsia. It also acts as an expectorant (cough medicine). Other potential uses (to be further studied) are lowering of both, blood cholesterol and high blood pressure.