



# *Wild Indigo Root*

**Benefits and uses:** Ulcers mouth and gums, infections, stimulate immune system.

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## **Details**

Historically, the root of wild indigo was used to make blue dye. It was also used by European herbalists to treat ulcers and several types of infections, including those affecting the mouth and gums, lymph nodes, and throat.

According to test tube experiments, the polysaccharides and proteins in wild indigo are believed to stimulate the immune system. This might account for its role against the common cold and flu. Wild indigo is rarely used alone and is a part of a popular European product for colds and flu that combines the herb with Echinacea and thuja.

The root also contains alkaloids, which may contribute to its medicinal actions.

**Contraindications:** Higher intakes (over 30 grams per day) of wild indigo can cause nausea and vomiting.<sup>2</sup> Long-term use (more than two to three weeks) is not recommended. The safety of wild indigo during pregnancy and breast-feeding has only been established in a product combining it with echinacea and thuja. At the time of writing, there were no well-known drug interactions with wild indigo.