

EQUISTRO[®]



Parts used: Leaf, bark

Botany

The hazelnut is a shrub or small tree reaching up to 8m. The round leaves are deciduous, hairy on both sides and with shallow-toothed edges.

Constituents

Hazelnut contains mainly hamamelitannin and proanthocyanidins as active phytochemicals. The kernel contains flavanoids (Quercetin, Kaempferol and Myricetin) as well as the organic acid, malic acid. Other constituents include vitamins B1, B2, B6 and E as well as iron, zinc and calcium.

Possible Interactions

Herbs - None documented. Drugs - None known

Comments

Extracts from the bark or leaves are traditionally used to treat many conditions. Particularly rich in vitamin E, phytonutrients and mono and polyunsaturated fats, benefits to the cardiovascular system stemming from the attributed antioxidant properties are often cited.

HAZELNUT *CORYLUS AVELLANA*

➔ Pharmacopoeia and Other Monographs
ESCOP 2003, WHO 1999

Vétoquinol
Signe de Passion

