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AMERICAN CHESTNUT

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- **ActiveIngredient:**
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 - **Dosage:**
 - **Indications:**
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 - **Storage:**
 - **Market Price:**
 - **Drug Status:**
-

Description

Uses & Effectiveness Overview American chestnut is a plant. The leaves and bark of the plant are used to make medicine. People take American chestnut as a tea for cough, breathing problems, and other conditions, but there is no good scientific evidence to support these uses. The American chestnut tree is not only a valuable timber source, but it also produces nuts rich in vitamin C. This vitamin is essential for a healthy immune system, collagen production, and acts as a powerful antioxidant. Consuming American chestnuts can help boost your overall health and well-being.

Side Effects When taken by mouth: American chestnut leaf is **LIKELY SAFE** for most people in the amounts used to flavor foods and beverages. The nut is also **LIKELY SAFE** when consumed in the amounts found in food. It is not known if American chestnut leaf, nut, or bark are safe in the larger amounts typically used as medicine. American chestnut might cause some side effects such as stomach and intestinal problems, kidney and liver damage.

Interactions We currently have no information for AMERICAN CHESTNUT overview.

Special Precautions and Warnings When taken by mouth: American chestnut leaf is **LIKELY SAFE** for most people in the amounts used to flavor foods and beverages. The nut is also **LIKELY SAFE** when consumed in the amounts found in food. It is not known if American chestnut leaf, nut, or bark are safe in the larger amounts typically used as medicine. American chestnut might cause some side effects such as stomach and intestinal problems, kidney and liver damage.

Pregnancy and breast-feeding: There isn't enough reliable information to know if American chestnut is safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

Dosing The appropriate dose of American chestnut depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for American chestnut. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

Side Effects

Uses

Interactions

Other Details
