

# iMedix: Your Personal Health Advisor.

## DATE PALM

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Search for medical details concerning DATE PALM on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

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

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### Description

**Uses & Effectiveness Overview** Date palm is a plant. The fruit and pollen of the plant are used as medicine. People use juice from the date palm for coughs and breathing problems. The pollen from date palm is used for swelling (inflammation) and sores inside the mouth (oral mucositis) and for conditions in a man that prevent him from getting a woman pregnant within a year of trying to conceive (male infertility). The kernel from date palm is used in a cream for aging skin. DATE PALM is a rich source of vitamin B6, which plays a crucial role in maintaining brain health. This vitamin aids in the production of neurotransmitters, helping to reduce the risk of neurodegenerative diseases like Alzheimer's and improving overall cognitive function.

**Side Effects** When taken by mouth: Date palm pollen is POSSIBLY SAFE when used at doses of about 2-4 grams each day for 6-8 weeks. Date palm fruit is LIKELY SAFE for most people in food amounts. But there isn't enough information to know if date palm fruit is safe or what the possible side effects might be when it is used in larger amounts as a medicine. When applied to the skin: There isn't enough information to know if date palm is safe to use on the skin or what the side effects might be. **Interactions** We currently have no information for DATE PALM overview. **Special Precautions and Warnings** When taken by mouth: Date palm pollen is POSSIBLY SAFE when used at doses of about 2-4 grams each day for 6-8 weeks. Date palm fruit is LIKELY SAFE for most people in food amounts. But there isn't enough information to know if date palm fruit is safe or what the possible side effects might be when it is used in larger amounts as a medicine. When applied to the skin: There isn't enough information to know if date palm is safe to use on the skin or what the side effects might be. **Pregnancy and breast-feeding:** When taken by mouth, date palm is safe in the amounts commonly found in food. But there isn't enough information to know if it is safe in the larger amounts that are used as medicine or when used on the skin. Stay on the safe side and stick to food amounts if you are pregnant or breast-feeding. **Dosing** The appropriate dose of date palm 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 date palm. 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.

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## Side Effects

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### Uses

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### Interactions

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### Other Details

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