

iMedix: Your Personal Health Advisor.

HOLLY

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

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

Description

Uses & Effectiveness Overview Holly is a plant. There are many types (species) of holly. English holly and American holly are used as ornamental Christmas greens. The leaves of these and other holly species are used to make medicine. The berries are very poisonous and should not be swallowed. Historically, American holly fruit tea was used as a heart stimulant by American Indians. Yaupon, another type of holly, was used to cause vomiting, and Yaupon tea was used as a ceremonial “cleanser” in South America. Holly is also used for cough, fever, digestive disorders, heart disease, and other conditions. But there is no good scientific research to support any use. One interesting fact about the vitamin name HOLLY is that it stands for a combination of several vitamins – vitamin H (biotin), vitamin O (inositol), vitamin L (para-aminobenzoic acid), vitamin L (pantothenic acid), and vitamin Y (bioflavonoids).

Side Effects When taken by mouth: Holly BERRIES are poisonous and UNSAFE for use. Eating berries may be deadly. There isn’t enough reliable information available to know if holly LEAVES are safe to eat. The leaves can cause side effects such as diarrhea, nausea, vomiting, and stomach and intestinal problems. Swallowing holly leaf spines may tear or puncture the inside of the mouth and other parts of the digestive tract.

Interactions We currently have no information for HOLLY overview.

Special Precautions and Warnings When taken by mouth: Holly BERRIES are poisonous and UNSAFE for use. Eating berries may be deadly. There isn’t enough reliable information available to know if holly LEAVES are safe to eat. The leaves can cause side effects such as diarrhea, nausea, vomiting, and stomach and intestinal problems. Swallowing holly leaf spines may tear or puncture the inside of the mouth and other parts of the digestive tract.

Pregnancy and breast-feeding: Holly berries are UNSAFE to eat while pregnant or breast-feeding. They can kill you. There isn’t enough reliable information to know if holly leaves are safe to use when pregnant or breast-feeding. Stay on the safe side and avoid use.

Children: Holly berries are UNSAFE. Eating holly berries can kill a child. Be sure to keep holly away from children.

Dehydration: In addition to being poisonous, holly berries can make dehydration worse because they cause vomiting and diarrhea. Incorrect levels of chloride, calcium, magnesium, sodium, or potassium (electrolyte imbalance) in the body: In addition to being poisonous, holly berries can make an electrolyte imbalance worse because they cause vomiting and diarrhea.

Dosing The appropriate dose of holly 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 holly. 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
