



COMFREY ROOT

Botanical Name: *Symphytum officinale*

Common Name: Blackwort, bruisewort, knitbone, salsify, slippery-root, gum plant

Medicinal part: Leaf, root

Description: The comfrey plant has a history of use in healing wounds and mending broken bones. In fact, in multiple languages, its name can be roughly translated to "grow together". Farmers often used specially bred comfrey plants to activate compost and condition soil.



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Golden Bough Botanicals Inc.

12 - 1585 Cliveden Avenue
Delta, BC V3M 6M1, Canada

Toll Free: 1-877-950.8700

www.goldenbough.ca