



MARSHMALLOW ROOT

Botanical Name: *Althea officinalis*

Common Name: Marsh-mallow, marsh mallow, common marshmallow

Medicinal part: Root

Description: The common mallow is frequently called "marsh mallow" by country people, but the true marsh mallow is distinguished from all the other mallows growing in Great Britain by the numerous divisions of the outer calyx (six to nine cleft), by the hoary down which thickly clothes the stems and foliage, and by the numerous panicles of blush-coloured flowers, paler than the common mallow. The roots are perennial, thick, long and tapering, very tough and pliant, whitish yellow outside, white and fibrous within.



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