

The Longwood Herbal Task Force
(<http://www.mcp.edu/herbal/default.htm>) and
The Center for Holistic Pediatric Education and Research

Clinician Information Summary

SLIPPERY ELM

(*Ulmus rubra* or *U. fulva*)

SUMMARY

Slippery elm bark has historically been used as a demulcent, emollient and vulnerary; it is currently included as one of four ingredients in the herbal cancer remedy, Essiac. There are no scientific studies evaluating the common uses of this herb, but due to its high mucilage content, slippery elm bark is probably a safe herbal remedy to treat irritations of the skin and mucus membranes. It has no known toxicity with typical dosing, although allergic reactions to natural substances are always possible.

POPULAR USES: Demulcent, emollient, vulnerary; part of Essiac herbal cancer remedy

CHEMICAL CONSTITUENTS: Mucilage; small amounts of tannin, oxalates, phytosterols, salicylic acid

SCIENTIFIC DATA: None

TOXICITY AND SIDE EFFECTS

Allergic reactions to pollen have been reported.

Side effects: None reported.

Interactions with other medications: Mucilage may theoretically interfere with intestinal absorption of other drugs.

Contraindications: None known.

Pregnancy and lactation: No clinical studies.

Pediatric use: No clinical studies or systematic surveillance.

ADDITIONAL REFERENCES OR RESOURCES

- HOME: <http://www.mcp.edu/herbal/default.htm>