Althaea officinalis – radix

Eibischwurzel
Marshmallow root
General information

*Althaea officinalis* L. is classified as a member of the mallow family (Malvaceae).

Althaea is a persistent hirsute shrub that can grow to a height of 1.5 metres. It is mainly the biennial roots that are harvested. The primary roots can grow to a length of 50 cm. They are mostly unbranched and grow vertically into the often very salty ground. After harvesting, the moist roots must be dried quickly and in good time, which is important for further processing. The roots can be peeled or left unpeeled. The unpeeled roots that can measure up to 2 cm in diameter have a more or less thick and whitish rind. Inside the root there is a white ligneous core. Therefore the peeled root has a greyish-white fibrous surface.

Anklam Extrakt purchases its raw material primarily from controlled contract cultivation mainly from East and Southeast Europe. We work together with experienced and qualified cultivation partners and can provide excellent raw material documentation.

**Pharmacopoeia and other monographs**
Ph.Eur. 8.0, HMPC, ESCOP, WHO, Commission E
Functional properties

Traditionally, marshmallow roots were used to treat respiratory catarrhs, mild gastro-intestinal problems, inflammation of the oral cavity, ulcers, abscesses, and diarrhoea.

According to the Community herbal monograph *Althaea officinalis* L., radix is traditionally used as a demulcent preparation for the symptomatic treatment of oral or pharyngeal irritation and associated dry cough and for the symptomatic relief of mild gastrointestinal discomfort.

**Dosage**

For the symptomatic treatment of an irritated pharynx with dry cough.

**Dried root:**
Comminuted herbal substance 0.5 - 3 g several times per day as a tea or preparation thereof in consideration of the drug-to-extract ratio.
Extract qualities

The powdered extract of marshmallow root is produced from the herbal drug (*Althaea officinalis* L., radix) using water as the extraction solvent.

**Marshmallow Root Powdered Extract**

*Althaeae e rad nat extr aq sicc - 00-111-0072-02P*

DER 3–9:1, 80% native extract, 17% maltodextrin, 3% silicon dioxide

Regulatory status: pharmaceutical (HMPC)

Additional extract qualities are available upon request.

Documentation to support your regulatory process (up to an ASMF including stability report) is available upon request.
Constituents

In all parts of the plant (root, leaf, flower) mucilage can be found in quantities varying depending on the ontogenetic stage. The mucilage is composed of various, mostly acid polysaccharides of a different molecular weight. The root drug contains 10 to 20% mucilage made up of different polysaccharides of which have been described: galacturonorhamane, arabinan, glucan, arabinogalactan and other acid heteropolysaccharides not identified in more detail. Pectins (approximately 11%) and starch (30 to 38%) may also contribute to the polysaccharide content in extracts. Furthermore, small quantities of flavonoids, phenolic carboxylic acids and free amino acids could be identified.

Use as a food

From the 18th century, the confectionery of the same name – marshmallow – was produced initially from the stems, leaves and roots of the althaea plant, but today the confectionery industry exclusively uses substitute ingredients.

In those days, also the cooked and then fried roots were eaten. Furthermore the marshmallow flowers are edible, and the young leaves can be eaten in a salad.
Literature


Disclaimer

The content of this brochure is based on our findings and experience. Our goal is to inform our customers to the best of our current knowledge. The information is, however, non-binding. Rights of third parties must be observed. The recommended dosages are only guidelines and cannot replace preliminary trials with individual products. Furthermore, before sale, it is essential that all products satisfy local legal requirements.
A. Pilot plant allows sample production on a small scale
B. Vacuum belt dryer in use
C. Analytical service included
D. Tailor-made plant extracts
E. The inside of a vacuum belt dryer