



Slippery Elm Tea

Adult

Mix one 5 ml teaspoonful of Slippery Elm powder into a smooth paste in half a cup of cold water. Fill the cup with hot water, stirring continuously, honey or a sprinkling of cinnamon may be added to taste.

Child

Up to 1 teaspoon per day for infants up to 1-year-old (smaller babies may require smaller doses) slippery elm can be mixed into a paste with a little breast milk, formula, or water and then mixed into a mashed banana or pureed food. Slippery elm is rich in probiotics and may aid bowel health.

Breastfeeding Mums

Mix into a paste with fresh breast milk and spread on the nipple so the baby takes the paste with their feed, or mix with breast milk and either syringe into the mouth or give off a teaspoon before the full feed. Formula-fed babies; add to the normal bottle feed and feed as normal, additional water feeds may be required between formula feeds to avoid consumption.

Please Note

Note: Slippery Elm powder should be taken 1-3 times daily, twice daily is often all that is needed. Drink plenty of water. It should be taken before or at the start of meals, and at least 2 hours away from medication.