

## **Marshmallow: A sweet treat for your complexion**

We do enjoy our marshmallow Easter Peeps, and squishy marshmallow pillows always find their way into campfire S'mores and holiday dishes. But ever think about using marshmallow to relieve a cough or soothe angry, irritated skin? Besides being a time-honored ingredient for candy, the Marsh-Mallow plant has been used for its healing properties for centuries.

Before you pick those little pink marshmallows out of your Lucky Charms as a home remedy for chaffed skin, you should know our modern day puffy confections aren't the real thing—they're mostly sugar of one sort or another. You'd need the actual root and extract of the Marsh-Mallow plant (*althea officinalis*) to make a difference.

“Today, we're using marshmallow root extract in our natural skin care products. It is effective against skin inflammation or irritation caused by anxiety, using wrong treatments or poor dietary habits,” says Dr. Dieter Kuster, founder and chief chemist of CA BOTANA International, a leading manufacturer of natural skin care products.

The mallow plant originated in Asia, spread westward to southeast Europe and to China in the east. In the U.S. it is found in marshes from Massachusetts to Virginia and in the mountains of western states. Mallow roots are harvested in October and November, cleaned and carefully dried at a maximum temperature of 35 degrees centigrade; the leaves must be dried at 40 degrees centigrade after harvesting.

Traditionally, marshmallow root has been a poultice on bruises, muscle aches, sprains, burns and inflammations. The tea from the leaves has soothed sore throats, settled upset stomachs and served as an expectorant in bronchitis and whooping cough. Marshmallow root is also known to boost the immune system, making it helpful in fighting infection.

### **CA BOTANA INTERNATIONAL INC.**

Research, Development & Manufacturing of Personal Care, Skin & Wellness Products

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Among the home and professional spa treatment products CA BOTANA develops and manufactures, Doctor D. Schwab Herbal Serum Anti-Aging Alphasomes C-8 and Sea Enzyme 24 Hour Moisturizer include marshmallow extract.

“In folklore medicine, marshmallow is used to treat insect bites. With all of its many uses, no side effects have been noted. It’s really a wonderful, natural moisturizer and anti-inflammatory for the skin,” explains Dr. Kuster.

**Marshmallow as a Candy:**

It is estimated that more than 700 million MARSHMALLOW PEEPS® and Bunnies were consumed by men, women, and children throughout the United States and abroad. Marshmallow candy dates back to ancient Egypt where it was a honey-based candy flavored and thickened with the sap of the root of the Marsh Mallow plant. In fact, until the mid 1800s Marsh Mallow sap was used in marshmallow candy. Today, gelatin replaces the sap in modern recipes.

**CA BOTANA Products with Marshmallow:**

Doctor D Schwab Herbal Serum Anti-Aging Alphasomes C-8  
Doctor D Schwab Herbal Serum Placentol Enzymes  
Sea Enzyme 24 Hour Moisturizer

*For Professional Spa Treatments*

Doctor D. Schwab HT Cream  
Ambrosia Herbal Eye Tonic  
Ambrosia Camphor Mask  
Ambrosia Chamomile Mask

**About CA BOTANA:**

Headquartered in San Diego, CA, CA BOTANA is a leading manufacturer of natural personal care products with worldwide marketing and distribution in more than 60 countries. Known for meticulous research, CA BOTANA has, for more than 40 years, studied the effects of sea extracts, plants, herbs and vitamins, integrating breakthrough discoveries with the latest skin care technology. CA BOTANA carries three product lines-- Doctor D. Schwab, Sea Enzyme and Ambrosia--that serve different skin types. For more information about CA BOTANA visit the company website at [www.ca-botana.com](http://www.ca-botana.com) or call 800-872-2332.

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