

## Blue Scullcap (TRUE) - *Scutellaria lateraflora*

Last Updated Saturday, 02 February 2008

Family: Labiatae

Some Common names: mad dog skullcap, helmet flower, hood wort, hooded willow herb, Quakers bonnet, mad dogweed...

Some Common Uses: used for digestive problems as well as a nervine and mild sedative for the treatment of anxiety, depression, and insomnia.

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