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*Alstonia constricta*

**FEVER BARK** is an evergreen tree. Native to eastern Australia (particularly New South Wales and Queensland) it has yellow flowers

It is also known as Alstonia bark, Australian febrifuge, Australian quinine, Bitter bark, and Quinine tree.

The bark is usually available commercially in curved pieces or quills.

Warning – dita bark must not be taken during pregnancy.

*Constricta* means ‘constricted’.

In Australia apparently a bark decoction is used commercially by the drinks industry there as a flavouring in beer. It is also an ingredient in a commercial tonic and bitters.

Medicinally, the bark is used to treat fever and intestinal worms and is also used in homoeopathic treatments.