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Bryonia cretica

RED BRYONY is a perennial climber. Found in most of Europe (except Scandinavia) it has whitish-yellow flowers.

It is also known as Cretan bryony, and Redberry bryony.

Warning – domestically, red bryony can only be used under the supervision of a qualified practitioner.

Cretica means ‘of or from Crete’.

Medicinally, the only recorded use of red bryony today would appear to be in homoeopathic treatments.