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*Epipactis helleborine*

[Synonyms : *Epipactis helleborine* var. *latifolia*, *Epipactis latifolia*, *Epipactis media*, *Helleborine helleborine*, *Helleborine latifolia*, *Serapias helleborine*, *Serapias latifolia*]

**BROAD-LEAVED HELLEBORINE** is an orchid. Native to Europe (including Britain) it has spurless, greenish-white to purplish-red flowers each with a greenish-rose lip.

It is also known as *Breedbladige wespenorchis* (Dutch), *Breitblättrige Stendelwurz* (German), *Breitblättrige Sumpfwurz* (German), Broad helleborine, Broadleaf helleborine, *Caldrist Lydanddail* (Welsh), *Elleborine crestata* (Italian), *Epipactis à larges feuilles* (French), Hellebore orchid, Helleborine, *Kruštík širolistý* (Czech), *Skogsknipprot* (Swedish), and *Skov-Hullåbe* (Danish).

Warning – some authorities suggest that this plant is potentially poisonous.

Medicinally, the roots have been used in folk medicine to treat arthritic pain.