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Peumus boldus

[Synonyms : *Boldoa fragrans*, *Boldu boldus*, *Peumus fragrans*, *Ruizia fragrans*]

BOLDO (English, Finnish, French, German, Italian) is an evergreen shrub or tree. Native to the Chilean Andes it has small greenish-white or pinkish flowers.

It is also known as Boldo wood tree, *Boldu* (French), *Boldu ag* (Turkish), Boldus, Chilean boldo tree, and *Chilenischer Boldobaum* (German).

Warning – large doses can cause vomiting, cramp, convulsions and death.

Boldus is a corruption of a local Chilean name *boldu*.

Aromatic fruit pulp has been eaten locally.

Bark was once used for tanning leather.

In Chile the wood has been made into charcoal.

This plant has been used in veterinary medicine.

Medicinally, it used to be employed as a tonic in place of quinine (*Cinchona officinalis*) and in the treatment of rheumatism and urinary infections. Today however its value is understood to lie in the treatment of liver disorders, and the enhancement of digestion.

The powdered dried leaf has also been used to initiate sneezing. Boldo is an ingredient in slimming treatments.