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Teucrium marum

CAT THYME is a perennial shrub. Native to the western Mediterranean it has crimson flowers.

It is also known as *Amberkraut* (German), Catnip, *Gamander* (German), *Katzengamander* (German), Marum, and *Ožanka kočičí* (Czech).

Marum is a Greek name for this species.

Medicinally, herbalists have recommended it for treating stomach complaints, fluid retention and nervous disorders. It has also been used in homoeopathy.