Gland Formula

A traditional two-herb combination — known historically as Dr. Christopher's glandular formula — traditionally used to support the glandular system.

This Herbal Combination



Mullein Herb — a gentle, deeply calming herb with a special affinity for the respiratory system and the glandular system alike — traditionally used to ease pain and quiet irritated, inflamed nerves, and regarded as one of the most important herbs for supporting healthy glandular function.



Lobelia — traditionally used as an anti-spasmodic and mild sedative, valued for its role in easing pain and calming irritation throughout the body.

How It Works

Mullein and Lobelia together were what Dr. Christopher called his glandular formula. It was originally developed to support the glandular system generally, and was traditionally used to help ease the congestion and swelling that can come with an over- or under-active thyroid, as well as to bring comfort to mastitis and other malfunctioning glands.

Pairs Well With

This is the same combination of herbs we use in our M&L Salve, a powerful topical relaxant — so if you're looking for something you can apply directly to the skin, that salve is worth a look alongside this internal formula.

Suggested Use

Use 2 to 4 droppers full (1/2 to 1 teaspoon), 3 times a day. As with any herbal tonic, use your own best judgment.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "Food for the Glands" at www.daradietz.me.