



Ephedra ciliata Fisch. & C.A.Mey.

Family: Ephedraceae

Common name: Shrubby horsetail

Importance:

- It is harvested from the wild for local use as a food and medicine.
- Traditionally used to treat diseases such as allergies, bronchial asthma, chills, colds, coughs, edema, fever, flu, headaches and nasal congestion
- Relieves infectious and chronic-degenerative diseases.
- Use for weight loss and performance enhancement.