

E **Helenium puberulum**

Ethnobotanical Use	Country/Region	Reference
Antiscorbutic	US	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Catarrh	US	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Tonic	US	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.