

Foxglove

The active ingredient **digoxin** can be used in medicine to manage some heart conditions, including abnormal heart rhythms and heart failure.

Digoxin is poisonous in large amounts so should only be used by medical professionals.



Snowdrop

The active ingredient, **galantamine**, is used to help people suffering with mild to moderate Alzheimer's disease.

It can also help with other memory impairments.