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Smoked Plum

National Cancer Institute

Source

National Cancer Institute. *Smoked Plum*. NCI Thesaurus. Code C125655.

The fruit of the *Prunus mume* tree that is used as a traditional Chinese medicine (TCM) called Wu Mei, which may be used to promote hydration and improve bowel function. Although the exact mechanism(s) of action through which this TCM exerts its effect has yet to be fully elucidated, upon oral administration, this TCM may reduce dehydration and improve peristalsis in the bowel.