

Lamium flexuosum

Habitus and growth type

Plant height [m]: **0.3**

Life span: **Perennial**

Life form: **Hemicryptophyte**

Flower

Flowering period: **March-June**

Fruit, seed and dispersal

Dispersal mode: **Local non-specific dispersal**

Dispersal distance class: **1**

Trophic mode

Parasitism and mycoheterotrophy: **autotroph**

Carnivory: **non-carnivorous**

Symbiotic nitrogen fixation: **no nitrogen-fixing symbionts**

Taxon origin

Origin in Europe: **native**

Ecology

Environmental relationships

Substrate humidity relationship: **Mesic**

Substrate reaction relationship: **Alkaline**

Nutrient relationship: **Eutrophic**

Salinity relationship: **Non-saline**

Ellenberg-type indicator values

Light indicator value: **6.3**

Temperature indicator value: **6.5**

Moisture indicator value: **5**

Reaction indicator value: **7.5**

Nutrient indicator value: **7.3**

Salinity indicator value: **0**

Disturbance indicator values

Disturbance frequency: **0.07**

Disturbance frequency (herb layer): **1.33**

Disturbance severity: **0.68**

Disturbance severity (herb layer): **0.17**

Mowing frequency: **0.03**

Grazing pressure: **0.2**

Soil disturbance: **0.1**

Habitat and sociology

Syntaxon

Diagnostic species of phytosociological classes: [HA \(POP\) *Alno glutinosae-Populetea albae*](#)

EUNIS habitat

Diagnostic species of EUNIS habitats: [T1G *Alnus cordata forest*](#)

Constant species of EUNIS habitats: [T1G *Alnus cordata forest*](#)

Broad habitat

Occurrence in broad habitats: **Scrub, Forest, Sparsely vegetated (incl. rock and scree)**