# *Lycopus exaltatus*

## Habitus and growth type

Plant height [m]: **1.05**
Life span: **Perennial**
Life form: **Hemicryptophyte, Geophyte**

## Flower

Flowering period: **June-September**

## Fruit, seed and dispersal

Seed mass [mg]: **0.6**
Dispersal mode: **Myrmecochory**
Dispersal distance class: **3**

## 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: **Wet**
Substrate reaction relationship: **Alkaline**
Nutrient relationship: **Eutrophic**
Salinity relationship: **Slightly saline or brackish**

### Ellenberg-type indicator values

Light indicator value: **7.1**
Temperature indicator value: **6.3**
Moisture indicator value: **8.7**
Reaction indicator value: **7**
Nutrient indicator value: **6.5**
Salinity indicator value: **0.8**

### Disturbance indicator values

Disturbance frequency: **1.02**
Disturbance frequency (herb layer): **1.67**
Disturbance severity: **0.55**
Disturbance severity (herb layer): **0.48**

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Mowing frequency: **0.43**
Grazing pressure: **0.21**
Soil disturbance: **0.18**

## Habitat and sociology

### Syntaxon

Diagnostic species of phytosociological classes: **HB (PUR) *Salicetea purpureae***

### Broad habitat

Occurrence in broad habitats: **Aquatic, Wetland, Grassland (non-alpine, non-saline), Scrub**

## Distribution

Continentality: **8**
Continentality amplitude: **5**

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