PERFECT HERBS

Herb Monograph Latin Name: Acorus calamus

Common Name: Calamus, Sweet Flag

Primary Action	anti-spasmodic
Secondary Actions	carminative, anti-inflammatory, neuroprotective
System Affinities	digestive, nervous, cardiovascular
Conditions Treated	fever, digestive concerns; joint pain
Constituents	volatile oils, terpenoids, phenylpropanoids
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	N/A
Parts Used	rhizome
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.