PERFECT HERBS

Herb Monograph Latin Name: Aloysia triphylla

Common Name: Lemon Verbena

Primary Action	carminative
Secondary Actions	anti-bacterial, anti-fungal, anti-oxidant, stomachic, sedative, anti-spasmodic
System Affinities	nervous system
Conditions Treated	Spasms, cold, fever, asthma, flatulence, colic, diarrhea, indigestion, insomnia, anxiety, depression
Constituents	Phenylpropanoids, flavonoids, lignans, tannins
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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