PERFECT HERBS

Herb Monograph Latin Name: Althea officinalis folia & flos

Common Name: Marshmallow Leaf & Flower

Primary Action	vulnerary
Secondary Actions	demulcent
System Affinities	digestive, respiratory
Conditions Treated	gastrointestinal epithelial lesions
Constituents	mucilage
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 10 g
Parts Used	leaf & flower
Can Be Substituted With	N/A
Pairs Well With	Salvia officinalis for chronic coughs with difficulty expectorating



Disclaimer: This information is provided for educational purposes only.