PERFECT HERBS

Herb Monograph Latin Name: Anemarrhena asphodeloides

Common Name: Anemarrhena Rhizome, Zhi Mu

Primary Action	Adaptogen
Secondary Actions	Hypotensive, diuretic, anti-diabetic
System Affinities	adrenal, endocrine
Conditions Treated	Fever, cough, diabetes
Constituents	saponines, flavonoids, lignanes, polysaccharides, alkaloids, organic acids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 12 g
Parts Used	rhizome
Can Be Substituted With	N/A
Pairs Well With	N/A



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