PERFECT HERBS

Herb Monograph Latin Name: Angelica sinensis

Common Name: Dong Quai, Dang Gui

Primary Action	endocrine modulator
Secondary Actions	carminative
System Affinities	female endocrine
Conditions Treated	dysmenorrhea, PCOS
Constituents	sterols, volatile oils
Tincture Daily Dose	6 mL to 15 mL
Tea Daily Dose	5 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	Astragalus membranaceus and Ganoderma lucidum for nourishing blood



Disclaimer: This information is provided for educational purposes only.