PERFECT HERBS

Herb Monograph Latin Name: Arctium lappa fructus

Common Name: Burdock Fruit, Niu Bang Zi

Primary Action	Alterative
Secondary Actions	anti-inflammatory, lymphatic, hepatic, laxative
System Affinities	respiratory, gastrointestinal, skin
Conditions Treated	Fever, cough, sore throat, rashes, erythema, constipation, eczema, acne
Constituents	Phenyl propane derivates, bithiophenes, sesquiterpenes, triterpenes, aliphatic alkenines, organic acids, polysaccharides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 12 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	N/A



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