PERFECT HERBS

Herb Monograph Latin Name: Aspalathus linearis

Common Name: Rooibos

Primary Action	alterative
Secondary Actions	diuretic
System Affinities	renal, skin
Conditions Treated	allergies, hypertension
Constituents	flavonoids
Tincture Daily Dose	
Tea Daily Dose	8 g to 16 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.