PERFECT HERBS

Herb Monograph Latin Name: Avena sativa

Common Name: Oatstraw

Primary Action	nervine
Secondary Actions	nutritive, sedative
System Affinities	CNS
Conditions Treated	anxiety, insomnia
Constituents	mucilage
Tincture Daily Dose	9 mL to 15 mL
Tea Daily Dose	12 g to 24 g
Parts Used	tops or aerial parts
Can Be Substituted With	Medicago sativa (alfalfa)
Pairs Well With	Urtica dioica folia as nutritive tonic



Disclaimer: This information is provided for educational purposes only.