PERFECT HERBS

Herb Monograph Latin Name: Betula alba cortex

Common Name: Birch Bark

Primary Action	Tonic
Secondary Actions	Anti-inflammatory, immunomodulatory, antioxidant, gastroprotective, hepatoprotective , anticancer
System Affinities	Renal, circulatory, MSK
Conditions Treated	Edema, gout, rheumatism, muscle pain, neuralgia, headache, hypertension
Constituents	Triterpenoids, diarylheptanoids, phenylbutanoids, lignans, phenolics, flavonoids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	bark
Can Be Substituted With	N/A
Pairs Well With	N/A

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