PERFECT HERBS

Herb Monograph Latin Name: Camellia sinensis - Cream of Earl Grey

Common Name: Cream of Earl Grey

Primary Action	astringent
Secondary Actions	nootropic, stimulant
System Affinities	CNS, digestive
Conditions Treated	constipation, fatigue
Constituents	tannins
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Capsella bursa pastoris, Achillea millefolium, Symphytum officinalis and Calendula officinalis in sitz baths for perineal healing and Cratageus oxycantha and Hibiscus spp. as astringent vascular tonic

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