PERFECT HERBS

Herb Monograph Latin Name: Carthamus tinctorius

Common Name: Safflower, Hong Hua

Primary Action	nervine
Secondary Actions	endocrine modulator, adaptogen
System Affinities	nervous system, female endocrine
Conditions Treated	depression, dysmenorrhea
Constituents	flavonoids, alkaloids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 12 g
Parts Used	flower
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.