PERFECT HERBS

Herb Monograph Latin Name: Centaurium erythraea

Common Name: Centaury

Primary Action	anti-diabetic, digestive
Secondary Actions	anti-pyretic, appetite stimulant, bitter, antifungal, antispasmodic, anti-inflammatory, hepatoprotective, anti-microbial
System Affinities	gastrointestional system
Conditions Treated	Diabetes, Dyspepsia, Fever, Viral infections,
Constituents	xanthonoids, terpenoids, flavonoids, phenolic acids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



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