PERFECT HERBS

Herb Monograph Latin Name: Centella asiatica

Common Name: Gotu Kola

Primary Action	nootropic
Secondary Actions	anti-inflammatory, vascular tonic
System Affinities	CNS
Conditions Treated	cognitive decline, diminished cognitive performance
Constituents	triterpenoid saponins
Tincture Daily Dose	6 mL to 18 mL
Tea Daily Dose	12 g to 30 g
Parts Used	leaf
Can Be Substituted With	Ginkgo biloba (ginkgo)
Pairs Well With	Ginkgo biloba and Bacopa monierii in formulas for congnitive enhancement and Urtica dioica folia, Equisetum arvense, and Avena sativa as nourishing formulas for degenerative joints



Disclaimer: This information is provided for educational purposes only.