PERFECT HERBS

Herb Monograph Latin Name: Chicorium intybus

Common Name: Chicory Root

Primary Action	Alterative
Secondary Actions	Antidiabetic, anti-inflammatory
System Affinities	gastrointestinal, integumentary
Conditions Treated	Digestive concerns, skin conditions, hypochondriac pain
Constituents	Aliphatic compounds, terpenoids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.