PERFECT HERBS

Herb Monograph Latin Name: Coleus forskohlii

Common Name: Coleus

Primary Action	pulmonary tonic
Secondary Actions	bronchodilator
System Affinities	respiratory
Conditions Treated	asthma, bronchitis, COPD
Constituents	diterpene
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	6 g to 12 g
Parts Used	root
Can Be Substituted With	Tussilago farfara (coltsfoot)
Pairs Well With	Ephedra sinica for asthma and other COPD



Disclaimer: This information is provided for educational purposes only.