PERFECT HERBS

Herb Monograph Latin Name: Coriandrum sativum folia

Common Name: Cilantro Leaf

Primary Action	Carminative
Secondary Actions	Antioxidant, anti-diabetic, sedating, relaxant, antibacterial, stomachic, carminative
System Affinities	gastrointestinal, endocrine, CNS
Conditions Treated	Diabetes, bowel regulation, gastritis, vomiting, nausea, dizziness, tinnitus
Constituents	Phenylpropenes, terpenoids, isocoumarins, phytosterols, fatty 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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