PERFECT HERBS

Herb Monograph Latin Name: Cratageus oxyacantha fructus

Common Name: Hawthorn Berry, Shan Zha

Primary Action	cardiotonic
Secondary Actions	vascular tonic
System Affinities	cardiac, vascular
Conditions Treated	CHF, hypertension
Constituents	flavonoids
Tincture Daily Dose	8 mL to 12 mL
Tea Daily Dose	5 g to 15 g
Parts Used	fruit
Can Be Substituted With	Hibiscus spp. (hibiscus flower)
Pairs Well With	Convallaria majalis for hypertension and CHF



Disclaimer: This information is provided for educational purposes only.