PERFECT HERBS

Herb Monograph Latin Name: Dimocarpus longan

Common Name: Longan Fruit, Long Yan Rou

Primary Action	Alterative
Secondary Actions	Sedative
System Affinities	CNS
Conditions Treated	Insomnia, palpitations, forgetfulness, dizziness, overthinking or overwork
Constituents	Organic acids, flavonoids, sugars
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	9 g to 15 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.