PERFECT HERBS

Herb Monograph Latin Name: Eleutherococcus senticosus

Common Name: Siberian Ginseng

Primary Action	adaptogen
Secondary Actions	endocrine modulator
System Affinities	adrenal-endocrine
Conditions Treated	convalescence, fatigue, performance
Constituents	eleuthrosides, steroidal saponins
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	9 g to 30 g
Parts Used	root
Can Be Substituted With	Withania somnifera (ashwagandha)
Pairs Well With	Rehmannia glutinosa and Schisandra sinensis as convalescent adaptogen and Rhodiola rosea and Panax ginseng in short-term formulas for improving physical performance



Disclaimer: This information is provided for educational purposes only.