PERFECT HERBS

Herb Monograph Latin Name: Ephedra sinica

Common Name: Mormon Tea, Ma Huang

Primary Action	pulmonary tonic
Secondary Actions	decongestant, stimulant
System Affinities	respiratory
Conditions Treated	asthma, bronchitis, COPD
Constituents	alkaloids, ephedrine
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	2 g to 9 g
Parts Used	stem & branches
Can Be Substituted With	Theobroma cacao (chocolate)
Pairs Well With	Coleus forskholii and Lobelia inflata for chronic asthma and COPD



Disclaimer: This information is provided for educational purposes only.