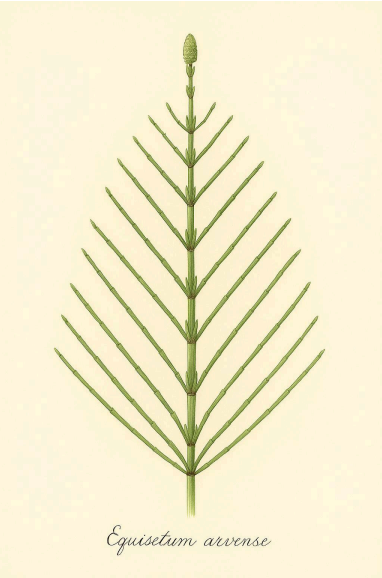
PERFECT HERBS

**Herb Monograph Latin Name:** Equisetum arvense

**Common Name:** Horsetail, Mu Zei

| | |
|---|---|
| **Primary Action** | adaptogen |
| **Secondary Actions** | astringent, vulnerary, diuretic |
| **System Affinities** | urinary |
| **Conditions Treated** | UTI, impaired kidney function |
| **Constituents** | especially silica, micronutrients |
| **Tincture Daily Dose** | 6 mL to 12 mL |
| **Tea Daily Dose** | 4 g to 8 g |
| **Parts Used** | aerial parts |
| **Can Be Substituted With** | Centella asiatica (gotu kola) |
| **Pairs Well With** | Avena sativa, Borago officinalis, and Urtica dioica folia as restorative tonic |




Disclaimer: This information is provided for educational purposes only.