PERFECT HERBS

**Herb Monograph Latin Name:** Filipendula ulmaria

**Common Name:** Meadowsweet

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|---|---|
| **Primary Action** | digestive |
| **Secondary Actions** | analgesic |
| **System Affinities** | digestive |
| **Conditions Treated** | gastrointestinal inflammation, stomach pain |
| **Constituents** | salicylic acid precursors, tannins |
| **Tincture Daily Dose** | 6 mL to 12 mL |
| **Tea Daily Dose** | 6 g to 12 g |
| **Parts Used** | aerial parts |
| **Can Be Substituted With** | N/A |
| **Pairs Well With** | Arctium lappa and Zingiber officinalis for stomach pain and as an anti-emetic |




Disclaimer: This information is provided for educational purposes only.