PERFECT HERBS

Herb Monograph Latin Name: Foeniculum vulgare

Common Name: Fennel Seed

Primary Action	carminative
Secondary Actions	endocrine modulator, expectorant, galactagogue
System Affinities	female endocrine
Conditions Treated	bloating, breastfeeding support, imbalanced estrogen conditions, URTI
Constituents	essential oils
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	6 g to 12 g
Parts Used	seed
Can Be Substituted With	Pimpinella anisum (anise)
Pairs Well With	Mentha piperita for after-meal bloating (where no GERD present)



Disclaimer: This information is provided for educational purposes only.