PERFECT HERBS

Herb Monograph Latin Name: Fomes fomentarius

Common Name: Tinder Mushroom

Primary Action	adaptogen
Secondary Actions	immunomodulator
System Affinities	immune
Conditions Treated	convalescence, performance, weakened immunity
Constituents	beta-glucans, polysaccharides
Tincture Daily Dose	5 mL to 20 mL
Tea Daily Dose	6 g to 20 g
Parts Used	fruiting body
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.