PERFECT HERBS

Herb Monograph Latin Name: Forsythiae suspensa

Common Name: Forsythia Fruit, Lian Qiao

Primary Action	Alterative
Secondary Actions	Anti-inflammatory
System Affinities	immune, skin, renal
Conditions Treated	Fever, chills, cold and flu, sore throat, headache, acne, boiled, abscess, sores, dysuria, hematuria, acute nephritis
Constituents	Volatile oil, Phenylethanol glycosides, Ethylcyclohexanol glycosides, lignins, triterpenes, coumarins
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 15 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	N/A



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