PERFECT HERBS

Herb Monograph Latin Name: Fucus vesiculosus

Common Name: Bladderwrack

Primary Action	endocrine modulator
Secondary Actions	demulcent
System Affinities	thyroid
Conditions Treated	hypothyroid conditions
Constituents	iodine, other micronutrients
Tincture Daily Dose	4 mL to 9 mL
Tea Daily Dose	4 g to 8 g
Parts Used	whole plant
Can Be Substituted With	N/A
Pairs Well With	Withania somnifera and Iris versicolor for hypothyroid conditions



Disclaimer: This information is provided for educational purposes only.