Herb Monograph Latin Name: Galega officinalis

Common Name: Goat Rue

Primary Action	galactagogue
Secondary Actions	diaphoretic, hypoglycemic
System Affinities	endocrine
Conditions Treated	insufficient breast milk production
Constituents	amines, flavonoids, saponins
Tincture Daily Dose	12 mL to 30 mL
Tea Daily Dose	6 g to 12 g
Parts Used	aerial parts
Can Be Substituted With	Momordica charantia (bitter melon)
Pairs Well With	Momordica charantia, Cinnamomum zeylandicum, and Gymena sylvestris in formulas for type II diabetes



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