PERFECT HERBS

Herb Monograph Latin Name: Ganoderma applanatum

Common Name: Artist's Conk

Primary Action	adaptogen
Secondary Actions	immunomodulator
System Affinities	Pulmonary, immune, CNS
Conditions Treated	convalescence, performance, weakened immunity
Constituents	triterpenes, polysaccharides, peptidopolysaccharides, organic acids
Tincture Daily Dose	5 mL to 15 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.