PERFECT HERBS

Herb Monograph Latin Name: Gardenia jasminoidis

Common Name: Cape Jasmine Fruit, Zhi Zi

Primary Action	alterative
Secondary Actions	Cooling, hepatoprotective, hemostasis, anti-oxidant
System Affinities	Nervous, circulatory, hepatic
Conditions Treated	Fever, irritability, restlessness, insomnia, painful urinary dysfunction
Constituents	Iridoid and flavonoid glycoside, organic acids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 9 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.