PERFECT HERBS

Herb Monograph Latin Name: Glycyrrhiza glabra radix

Common Name: Licorice Root, Gan Cao

Primary Action	adaptogen
Secondary Actions	antiviral, demulcent
System Affinities	endocrine (adrenal)
Conditions Treated	convalescence, hypotension, viral cough
Constituents	glycyrrhizin, saponins
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	2 g to 9 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	Rosmarinus officinalis for coughs, especially viral coughs and Bupleurum sinensis in anti-inflammatory combos where clearance by the liver is sub-optimal and Hypericum perforatum and Melissa officinalis (as infused oil) for the topical treatment of herpes infections

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