PERFECT HERBS

Herb Monograph Latin Name: Glycyrrhiza uralensis radix - Honey Roasted

Common Name: Honey Roasted Chinese Licorice Root, Zhi Gan Cao

Primary Action	Adaptogen
Secondary Actions	hepatic, hepatoprotective, anti-inflammatory, anti-oxidant
System Affinities	Immune
Conditions Treated	digestive disorders, fatigue, chronic gastritis, palpitations, adrenal insufficiency, low blood pressure
Constituents	Triterpenes, flavonoids, alkaloids, coumarin derivatives
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	2 g to 9 g
Parts Used	honey roasted root
Can Be Substituted With	N/A
Pairs Well With	N/A



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