Herb Monograph Latin Name: Grindelia robusta

Common Name: Grindelia

Primary Action	expectorant
Secondary Actions	antispasmodic
System Affinities	respiratory
Conditions Treated	acute or chronic cough
Constituents	diterpenes, flavonoids
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	4 g to 6 g
Parts Used	aerial parts
Can Be Substituted With	Tussilago farfara (coltsfoot)
Pairs Well With	Lobelia inflata in COPD



Disclaimer: This information is provided for educational purposes only.