PERFECT HERBS

Herb Monograph Latin Name: Hemidesmus indicus

Common Name: Indian Sarasparilla

Primary Action	alterative
Secondary Actions	adaptogen
System Affinities	adrenal-endocrine
Conditions Treated	convalescence, fatigue, performance
Constituents	terpenes, sterols
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	4 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.