PERFECT HERBS

Herb Monograph Latin Name: Humulus lupulus

Common Name: Hops

Primary Action	sedative
Secondary Actions	estrogenic
System Affinities	CNS
Conditions Treated	anxiety, insomnia
Constituents	volatile oils
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	1 g to 2 g
Parts Used	aerial parts
Can Be Substituted With	Eschscholzia californica (california poppy)
Pairs Well With	Valeriana officinalis as a sedative for insomnia and anxiety



Disclaimer: This information is provided for educational purposes only.