PERFECT HERBS

Herb Monograph Latin Name: Inula helenium

Common Name: Elecampane

Primary Action	stimulating expectorant
Secondary Actions	antimicrobial
System Affinities	respiratory
Conditions Treated	congested cough
Constituents	sesquiterpene lactones
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	3 g to 6 g
Parts Used	root
Can Be Substituted With	Marrubium vulgare (horehound (white))
Pairs Well With	Glycyrrhiza glabra for coughs



Disclaimer: This information is provided for educational purposes only.