Herb Monograph Latin Name: Juniperus communis

Common Name: Juniper

Primary Action	antimicrobial
Secondary Actions	carminative
System Affinities	gastrointestinal, immune, kidney
Conditions Treated	bladder infections, gastrointestinal infections
Constituents	essential oils
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	2 g to 9 g
Parts Used	berry
Can Be Substituted With	Barosma betulina (buchu)
Pairs Well With	Salvia officinalis for UTIs



Disclaimer: This information is provided for educational purposes only.