PERFECT HERBS

Herb Monograph Latin Name: Lactuca virosa

Common Name: Wild Lettuce

Primary Action	sedative
Secondary Actions	analgesic
System Affinities	CNS
Conditions Treated	insomnia, pain, spastic pain
Constituents	latex, opiods
Tincture Daily Dose	3 mL to 8 mL
Tea Daily Dose	1 g to 5 g
Parts Used	dried leaves and stems or fresh infusion of the shredded leaves and stems may also be considered
Can Be Substituted With	Humulus lupulus (hops)
Pairs Well With	Viburnum opulus and Piscidia piscipula for pre-menstrual uterine cramping and Passiflora incarnata as a cooling sedative

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