PERFECT HERBS

Herb Monograph Latin Name: Ligustrum lucidum

Common Name: Privet, Nu Zhen Zi

Primary Action	adaptogen
Secondary Actions	vascular tonic
System Affinities	endocrine
Conditions Treated	hypertension, weakened vitality
Constituents	flavonoids, oleanolic acid
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	4 g to 15 g
Parts Used	berry
Can Be Substituted With	N/A
Pairs Well With	Cratageus oxycathus, Hibiscus spp., and Schisandra sinensis as a high anti-oxidant formula for cardiovascualr inflammation



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