PERFECT HERBS

Herb Monograph Latin Name: Lonicera japonica

Common Name: Honey Suckle, Jin Yin Hua

Primary Action	anti-pyretic
Secondary Actions	anti-inflammatory, antimicrobial, antioxidant, nootropic
System Affinities	gastrointestinal system, respiratory system, immune system, cardiovascular system
Conditions Treated	gastrointestinal disorders (dystenery, gastritis, gastrointestinal infection), Urinary Tract infections, Upper respiratory tract infections,
Constituents	hydroxycinnamic acids, anthocyanins, flavones, flavanols
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 20 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	N/A

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