PERFECT HERBS

Herb Monograph Latin Name: Lycopus virginicus

Common Name: Bugleweed, Ze Lan

Primary Action	endocrine modulator
Secondary Actions	astringent, diuretic
System Affinities	thyroid
Conditions Treated	hyperthyroidism
Constituents	methyl esters, phenolic acids, volatile oils
Tincture Daily Dose	2 mL to 9 mL
Tea Daily Dose	2 g to 6 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	Melissa officinalis for treating mild-moderate hyperthyroid conditions



Disclaimer: This information is provided for educational purposes only.