PERFECT HERBS

Herb Monograph Latin Name: Magnolia officinalis cortex

Common Name: Magnolia Bark, Hou Po

Primary Action	carminative
Secondary Actions	nootropic, nervine, antispasmodic, digestive, bronchodilator
System Affinities	Gastrointestional tract, cognition and mood, respiratory system
Conditions Treated	Dyspepsia, diarrhea, constipation, nausea, bloating, flatulence, low mood, anxiety, asthma
Constituents	phenols, alkaloids, magnolol,
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	bark
Can Be Substituted With	N/A
Pairs Well With	N/A



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