PERFECT HERBS

Herb Monograph Latin Name: Mahonia aquifolium

Common Name: Oregon Grape

Primary Action	alterative
Secondary Actions	hepatic
System Affinities	skin
Conditions Treated	acne, impaired absorption
Constituents	isoquinoline alkaloids
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	6 g to 9 g
Parts Used	root
Can Be Substituted With	Berberis vulgaris (barberry)
Pairs Well With	Iris versicolor for skin conditions related to insufficient elimination by the liver



Disclaimer: This information is provided for educational purposes only.