PERFECT HERBS

Herb Monograph Latin Name: Marrubium vulgare

Common Name: Horehound

Primary Action	stimulating expectorant
Secondary Actions	antispasmodic
System Affinities	respiratory
Conditions Treated	chronic and acute bronchitis
Constituents	diterpene lactones, volatile oils
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	4 g to 6 g
Parts Used	leaf
Can Be Substituted With	Sanguinaria canadensis (bloodroot)
Pairs Well With	Inula helenium and Lobelia inflata as a stimulating expectorant combo



Disclaimer: This information is provided for educational purposes only.