PERFECT HERBS

Herb Monograph Latin Name: Mentha haplocalycis

Common Name: Chinese Mint, Bo He

Primary Action	carminative
Secondary Actions	anti-inflammatory, antimicrobial, analgesic
System Affinities	mucousal membranes, gastrointestinal tract, respiratory system
Conditions Treated	halitosis, diarrhea, dystenery, fever, viral/ bacterial infections
Constituents	polyphenolic acids, flavonoids, monoterpenoids, and glycosides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.