PERFECT HERBS

Herb Monograph Latin Name: Mentha spicata

Common Name: Spearmint

Primary Action	carminative
Secondary Actions	anti-inflammatory, antidiabetic, bronchodialator, endocrine modulator, antioxidant
System Affinities	endocrine, mucous membranes, immune system
Conditions Treated	skin fungal infections, asthma, bronchitis, PCOS, high androgen levels,
Constituents	flavonoids, phenolic acids, and terpenes
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 12 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.