PERFECT HERBS

Herb Monograph Latin Name: Momordica charantia

Common Name: Bitter Melon

Primary Action	endocrine modulator
Secondary Actions	hepatic
System Affinities	hepatic
Conditions Treated	diabetes
Constituents	charantin, lectins, polypeptide-p, steroidal saponins
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	12 g to 25 g
Parts Used	as whole cooked fruit or as powder
Can Be Substituted With	Berberis vulgaris (barberry)
Pairs Well With	Galega officinalis, Berberis vulgaris, and Cinnamomum zeylandicum in formulas for type II diabetes



Disclaimer: This information is provided for educational purposes only.