PERFECT HERBS

Herb Monograph Latin Name: Nepeta cataria

Common Name: Catnip

Primary Action	nervine
Secondary Actions	carminative
System Affinities	CNS, digestion
Conditions Treated	anxiety, bloating, insomnia
Constituents	organic acid, tannins, volatile oils
Tincture Daily Dose	6 mL to 18 mL
Tea Daily Dose	3 g to 6 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Melissa officinalis and Matricaria recutita as calming nervines for kids, and as carminatives for bloating



Disclaimer: This information is provided for educational purposes only.