PERFECT HERBS

Herb Monograph Latin Name: Nepeta hederacea

Common Name: Ground Ivy

Primary Action	anti-inflammatory
Secondary Actions	analgesic, antibacterial, antiviral, anticancer, diuretic, and antioxidant
System Affinities	mucous membranes, respiratory system
Conditions Treated	colds, asthma, bronchitis, gastric diseases, diabetes, and inflammation
Constituents	terpenoids, flavonoids, phenolic acids, alkaloids, and essential oils,
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	N/A

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