PERFECT HERBS

Herb Monograph Latin Name: Ophiopogon japonicus

Common Name: Dwarf Lilyroot Tuber, Mai Men Dong

Primary Action	anti-inflammatory
Secondary Actions	demulcent, antipyretic, anti-anxiety, carminitive
System Affinities	mucousal memebranes, immune system, respiratory system
Conditions Treated	fever, dry cough, gastritis, bronchitis
Constituents	steroidal saponins, homoisoflavonoids and polysaccharides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



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