PERFECT HERBS

**Herb Monograph Latin Name:** Origanum majorana

**Common Name:** Marjoram

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|---|---|
| **Primary Action** | antimicrobial |
| **Secondary Actions** | emmenagogue, antioxidant, carminative, anti-inflammatory, anti-androgenic |
| **System Affinities** | mucosal membranes, immune system |
| **Conditions Treated** | bacterial/ viral infections of the gastrointestional tract and respiratory tract, PCOS/ high androgens |
| **Constituents** | monoterpenes, sesquiterpenes, phenolic acid, flavanoid, flavanoid glycosides |
| **Tincture Daily Dose** | 5 mL to 15 mL |
| **Tea Daily Dose** | 3 g to 9 g |
| **Parts Used** | leaf |
| **Can Be Substituted With** | N/A |
| **Pairs Well With** | N/A |

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