PERFECT HERBS

Herb Monograph Latin Name: Paeonia lactiflora - Alba

Common Name: White Peony Root, Bai Shao

Primary Action	female endocrine modulator
Secondary Actions	alterative, antispasmodic, nootropic
System Affinities	hepatic
Conditions Treated	any condition of female hormone dysregulation
Constituents	glycosides, mucilage, paeoniflorin, tannins
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	Mitchella repens (partridge berry)
Pairs Well With	Glycyrrhiza glabra as a classic TCM formula (Shaoyao Gancao tang) for dysmenorrhea and PCOS



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