PERFECT HERBS

Herb Monograph Latin Name: Paeonia lactiflora - Rubra

Common Name: Red Peony Root, Chi Shao

Primary Action	hepatic
Secondary Actions	analgesic, immune modulator, anti-inflammatory, anti-pyretic
System Affinities	hepatic
Conditions Treated	dysmenorrhea, myalgia, arthritic pain
Constituents	monoterpene glycosides
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.