PERFECT HERBS

Herb Monograph Latin Name: Passiflora incarnata

Common Name: Passionflower

Primary Action	sedative
Secondary Actions	hypotensive, nervine
System Affinities	CNS
Conditions Treated	anxiety, insomnia
Constituents	alkaloids, flavonoids
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	1 g to 4 g
Parts Used	aerial parts
Can Be Substituted With	Scutellaria lateriflora (skullcap)
Pairs Well With	Agrimonia eupatoria and Avena sativa for nervous tension preventing sleep



Disclaimer: This information is provided for educational purposes only.