PERFECT HERBS

Herb Monograph Latin Name: Phytolacca americana

Common Name: Poke Root

Primary Action	lymphatic
Secondary Actions	alterative, purgative
System Affinities	lymphatic
Conditions Treated	lymphatic congestion
Constituents	alkaloids, lectins, tannins, triterpenoid saponins
Tincture Daily Dose	0.25 mL to 1 mL
Tea Daily Dose	0.25 g to 1 g
Parts Used	root
Can Be Substituted With	Ceanothus americanus (red root)
Pairs Well With	Arctium lappa as a nutritive alterative



Disclaimer: This information is provided for educational purposes only.