PERFECT HERBS

Herb Monograph Latin Name: Plantago asiatica

Common Name: Plantain Seed, Che Qian Zi

Primary Action	diuretic
Secondary Actions	vulnerary, urinary delumcent, hepatoprotective
System Affinities	GU tract, gastrointestinal tract, liver
Conditions Treated	UTI, hemorrhoids, liver disease
Constituents	flavonoids, polysaccharides, terpenoids, lipids, iridoid glycosides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	9 g to 15 g
Parts Used	seed
Can Be Substituted With	N/A
Pairs Well With	N/A



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