PERFECT HERBS

Herb Monograph Latin Name: Plantago major/lanceolata

Common Name: English Plantain

Primary Action	vulnerary
Secondary Actions	demulcent
System Affinities	digestive, skin
Conditions Treated	epithelial lesions
Constituents	flavonoids, iridoids, tannins
Tincture Daily Dose	6 mL to 9 mL
Tea Daily Dose	3 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Urtica dioica as a leafy green tonic and Calendula officinalis, Symphytum officinalis, Matricaria recutita as topical vulneraries



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