PERFECT HERBS

Herb Monograph Latin Name: Polygonatum biflorum

Common Name: Solomon's Seal

Primary Action	anti-inflammatory
Secondary Actions	mild adaptogen
System Affinities	rheumatic
Conditions Treated	joint pains
Constituents	mucilage, starch
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	4 g to 6 g
Parts Used	root
Can Be Substituted With	Harpagophytum procumbens (devil's claw)
Pairs Well With	Cratageus oxycantha, Convallaria majalis, and Polygonum multiflorum for joint pain in the elderly due to weakened circulation



Disclaimer: This information is provided for educational purposes only.