PERFECT HERBS

Herb Monograph Latin Name: Polygonum multiflorum

Common Name: Fo-ti, He Shou Wu

Primary Action	adaptogen
Secondary Actions	mild laxative
System Affinities	endocrine
Conditions Treated	convalescence, fertility changes
Constituents	anthraquinones, carbohydrates, tannins
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	9 g to 30 g
Parts Used	prepared root
Can Be Substituted With	N/A
Pairs Well With	Angelica sinensis and Rehmannia glutinosa for debility and convalesence, especially following childbirth (TCM: building blood, restoring Essence) and Smilax officinalis as male tonic for heartiness and improved sexual performance

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