PERFECT HERBS

Herb Monograph Latin Name: Polyporus umbellatus

Common Name: Polyporus, Zhu Ling

Primary Action	diuretic
Secondary Actions	lymphatic, anti-inflammatory
System Affinities	genitourinary tract, kidneys
Conditions Treated	edema, urinary incontinence, kidney stones, abdominal bloating,
Constituents	steriods, polysaccarchides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.