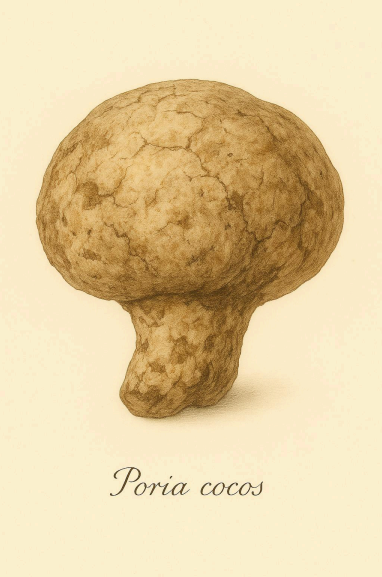
Herb Monograph Latin Name: Poria cocos

Common Name: Poria, Fu Ling

Primary Action	Digestive
Secondary Actions	immune modulator, anti-inflammatory, diuretic
System Affinities	immune system, Genitourinary tract, kidneys
Conditions Treated	cold and flu prevention, edema,
Constituents	polysaccarchides
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	6 g to 12 g
Parts Used	fruiting body
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.