PERFECT HERBS

Herb Monograph Latin Name: Rehmannia glutinosa - Prepared

Common Name: Prepared Rehmannia, Shu Di Huang

Primary Action	adaptogen
Secondary Actions	endocrine modulator
System Affinities	digestive, endocrine
Conditions Treated	convalescence, fertility challenges
Constituents	iridoids, sterols, sugars
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	9 g to 30 g
Parts Used	prepared root
Can Be Substituted With	Polygonum multiflorum (fo-ti, he shou wu)
Pairs Well With	Angelica sinensis for deficient female hormone patterns and Urtica dioica folia and Avena sativa as nutritive restoratives



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