PERFECT HERBS

Herb Monograph Latin Name: Rhamnus frangulus

Common Name: Alder Buckthorn Bark

Primary Action	laxative
Secondary Actions	astringent
System Affinities	gsatrointestinal
Conditions Treated	constipation
Constituents	anthraquinine glycosides
Tincture Daily Dose	2 mL to 10 mL
Tea Daily Dose	2 g to 12 g
Parts Used	bark
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.