PERFECT HERBS

Herb Monograph Latin Name: Rosa canina

Common Name: Rosehip

Primary Action	antioxidant
Secondary Actions	vulnerary, anti-inflammatory, laxative, diuretic, hypoglycemic
System Affinities	skin, mucousal membranes, endocrine system, bones and joints
Conditions Treated	osteoarthritis, skin lesions, hemorrhoids, rheumatic disease, diabetes
Constituents	organic acids, amino acid, phospholipids, carotenoids, flavonoids, tannins
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	6 g to 12 g
Parts Used	fruit
Can Be Substituted With	N/A
Pairs Well With	N/A

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