PERFECT HERBS

Herb Monograph Latin Name: Rosmarinus officinalis

Common Name: Rosemary

Primary Action	expectorant
Secondary Actions	antimicrobial, carminative
System Affinities	gastrointestinal, respiratory
Conditions Treated	cough, URTI
Constituents	essential oils
Tincture Daily Dose	3 mL to 6 mL
Tea Daily Dose	4 g to 6 g
Parts Used	aerial parts
Can Be Substituted With	Salvia officinalis (sage)
Pairs Well With	Thymus vulgaris as relaxing expectorant for URTIs and Centella asiatica and Ginkgo biloba for congitive enhancement



Disclaimer: This information is provided for educational purposes only.