PERFECT HERBS

Herb Monograph Latin Name: Rubus idaeus

Common Name: Red Raspberry Leaf

Primary Action	astringent
Secondary Actions	alterative, diuretic
System Affinities	uterine and smooth muscle
Conditions Treated	uterine weakness
Constituents	flavonoids, tannins
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	4 g to 8 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Urtica dioica folia and black strap molasses as a tonic tea during pregnancy



Disclaimer: This information is provided for educational purposes only.