PERFECT HERBS

Herb Monograph Latin Name: Smilax officinalis

Common Name: Sarsparilla

Primary Action	endocrine modulator
Secondary Actions	adaptogen, alterative, androgen stimulant
System Affinities	endocrine-adrenal
Conditions Treated	fatigue, low libido
Constituents	saponins based on the aglycone sarsapogenin, sterols, volatile oils
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	6 g to 12 g
Parts Used	root
Can Be Substituted With	Rhodiola rosea (rhodiola)
Pairs Well With	Polygonum multiflorum and Urtica dioica root as a male tonic and Vanilla extract, soda water, and a tsp of honey as a pleasant fortifying beverage

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