PERFECT HERBS

Herb Monograph Latin Name: Tribulus terrestris

Common Name: Puncture Vine

Primary Action	endocrine modulator
Secondary Actions	androgen stimulant
System Affinities	endocrine
Conditions Treated	depression, lethargy, low libido
Constituents	alkaloids, harmane and norharmane
Tincture Daily Dose	4 mL to 9 mL
Tea Daily Dose	3 g to 9 g
Parts Used	seed
Can Be Substituted With	N/A
Pairs Well With	Serenoa repens and Poria cocos in formulas for BPH



Disclaimer: This information is provided for educational purposes only.