PERFECT HERBS

Herb Monograph Latin Name: Trigonella foenum graecum

Common Name: Fenugreek

Primary Action	carminative
Secondary Actions	endocrine modulator, galactagogue
System Affinities	digestive
Conditions Treated	bloating, insufficient breast milk production, PCOS, Type II diabetes
Constituents	alkaloids, mucilage, phytoestrogens, saponins, volatile oils
Tincture Daily Dose	3 mL to 9 mL
Tea Daily Dose	6 g to 10 g
Parts Used	seed or powder but powder preferable
Can Be Substituted With	N/A
Pairs Well With	Galega officinalis for type II diabetes and Cnicus benedicitus, Galega officinalis, and Foeniculum vulgare in formulas for augmenting breast milk production

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