Herb Monograph Latin Name: Tussilago farfara

Common Name: Colt's Foot

Primary Action	pulmonary tonic
Secondary Actions	expectorant
System Affinities	respiratory
Conditions Treated	asthma, bronchitis, COPD
Constituents	flavonoids, mucilage, polysaccharides, pyrollizidine alkaloids, tannins
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 9 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Verbascum thapsus, Ephedra sinica, and Coleus forskholii for chronic asthma and other COPD



Disclaimer: This information is provided for educational purposes only.