PERFECT HERBS

Herb Monograph Latin Name: Ulmus fulva/rubra

Common Name: Slippery Elm

Primary Action	demulcent
Secondary Actions	vulnerary
System Affinities	gastrointestinal
Conditions Treated	gastrointestinal infections, IBD, IBS
Constituents	mucilage
Tincture Daily Dose	6 mL to 12 mL
Tea Daily Dose	6 g to 12 g
Parts Used	dried root or powder constituted to a paste-like consitency or mixed with food
Can Be Substituted With	N/A
Pairs Well With	Avena sativa (as oatmeal) as nutritive demulcent



Disclaimer: This information is provided for educational purposes only.