PERFECT HERBS

Herb Monograph Latin Name: Urtica dioica radix

Common Name: Nettle Root

Primary Action	endocrine modulator
Secondary Actions	anti-inflammatory
System Affinities	endocrine, immune
Conditions Treated	allergies, BPH, low libido
Constituents	indoles, lignans, mucilage, polysaccharides, sterols
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	4 g to 9 g
Parts Used	root
Can Be Substituted With	Arctium lappa (burdock)
Pairs Well With	Smilax officinalis, Inonotus obliquus, and Rhodiola rosea in male tonic formulas and Serenoa repens in BPH formulas and Solidago canadensis, Bupleurum sinensis and Glycyrrhiza glabra for seasonal allergies

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