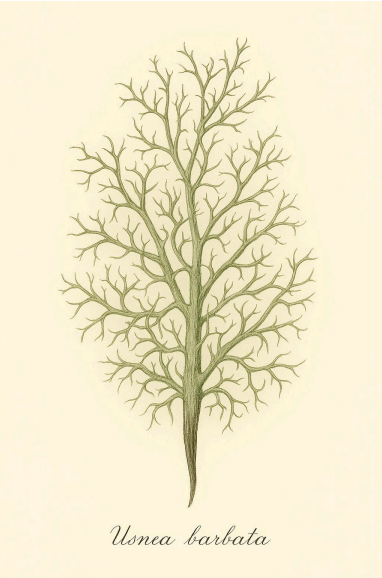
PERFECT HERBS

Herb Monograph Latin Name: Usnea barbata

Common Name: Old Man's Beard

Primary Action	antimicrobial
Secondary Actions	styptic, vulnerary
System Affinities	renal, respiratory
Conditions Treated	URTI, UTI
Constituents	babatic acid, organic acids, usnic acid
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	2 g to 8 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	Juniperus communis, Salvia officinalis, and Arctostaphylos uva-ursi for difficult UTIs



Disclaimer: This information is provided for educational purposes only.