PERFECT HERBS

Herb Monograph Latin Name: Verbascum thapsus

Common Name: Mullein

Primary Action	pulmonary tonic
Secondary Actions	anti-inflammatory, relaxing expectorant, vulnerary
System Affinities	respiratory
Conditions Treated	asthma, chronic or acute bronchitis, emphysema
Constituents	flavonoids, mucilage, saponins, tannins
Tincture Daily Dose	2 mL to 10 mL
Tea Daily Dose	4 g to 12 g
Parts Used	leaf
Can Be Substituted With	N/A
Pairs Well With	Tussilago farfara and Lobelia inflata as general pulmonary tonics in conditions of weakend lungs



Disclaimer: This information is provided for educational purposes only.