



**Herb Monograph Latin Name:** Verbena hastata

**Common Name:** Blue Vervain

<b>Primary Action</b>	nervine
<b>Secondary Actions</b>	alterative
<b>System Affinities</b>	CNS
<b>Conditions Treated</b>	acne, anxiety, convalescence
<b>Constituents</b>	iridoids, tannins, volatile oils
<b>Tincture Daily Dose</b>	6 mL to 15 mL
<b>Tea Daily Dose</b>	4 g to 12 g
<b>Parts Used</b>	leaf
<b>Can Be Substituted With</b>	Stachys betonica (wood betony)
<b>Pairs Well With</b>	Iris versicolor for hormonal acne in women



Disclaimer: This information is provided for educational purposes only.