PERFECT HERBS

Herb Monograph Latin Name: Viburnum prunifolium

Common Name: Black Haw

Primary Action	antispasmodic
Secondary Actions	hypotensive, nervine, vascular tonic
System Affinities	endocrine, vascular
Conditions Treated	cramping of the uterus, threatened miscarriage, uterine congestion
Constituents	coumarins, flavonoids, iridoid glycosides, triterpenes
Tincture Daily Dose	6 mL to 20 mL
Tea Daily Dose	3 g to 6 g
Parts Used	bark
Can Be Substituted With	Mitchella repens (partridge berry)
Pairs Well With	Actea racemosa and Mitchella repens in female endocrine balancing formulas



Disclaimer: This information is provided for educational purposes only.