PERFECT HERBS

Herb Monograph Latin Name: Vinca minor

Common Name: Periwinkle

Primary Action	hypotensive
Secondary Actions	circulatory stimulant, possible nootropic
System Affinities	vascular
Conditions Treated	cognitive decline, headaches, hypertension, poor perfusion
Constituents	indole alkaloids, tannins, vinblastine, vincamine, vincristine
Tincture Daily Dose	1 mL to 3 mL
Tea Daily Dose	1 g to 2 g
Parts Used	leaf
Can Be Substituted With	Convallaria majalis (lily of the valley)
Pairs Well With	Cratageus oxycantha in hypotensive formulas



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