PERFECT HERBS

Herb Monograph Latin Name: Viola odorata

Common Name: Violet

Primary Action	antioxidant
Secondary Actions	Nervine, nootropic, anti-inflammatory
System Affinities	nervous system, immune system, uterus, mucous membranes
Conditions Treated	fatigue, anxiety, infection, detox, clearing toxins
Constituents	alkaloid, glycoside, saponins, methyl salicylate, mucilage, and vitamin C
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	aerial parts
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.