PERFECT HERBS

Herb Monograph Latin Name: Ziziphi spinosae

Common Name: Sour Jujube Seed, Suan Zao Ren

Primary Action	sedative
Secondary Actions	nervine, analgesic, hypotensive, antioxidant
System Affinities	nervous system, immune system
Conditions Treated	palpitations, insomnia, dizziness, headache, nausea and vomiting, coughs, depression, anxiety
Constituents	terpenoids, alkaloids, flavonoids, fatty acids, volatile oils
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	9 g to 15 g
Parts Used	seed
Can Be Substituted With	N/A
Pairs Well With	N/A



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