

#3

***Withania somnifera* - Ashwaghandha**

WITHANIA SOMNIFERA (Ashwaghandha)

Root. Dry Tincture [1:5, 50% alcohol] 30-60 drops to 3X a day.
infusion, decoction, capsule, 2-5 grams a day
Standardized extract (1.5% withanolides) 1-3 "00" capsule a day
STATUS : C

***Sedum (Rhodiola) roseum* - Gold Root, Rosecrown, etc.**

SEDUM (RHODIOLA) ROSEUM - Gold Root, Rosecrown, Roseroot, etc

Root. Dry Tincture [1:5, 60% alcohol, 15-30 drops to 3X a day. Capsule, 1-3 g a day
STATUS : W/LA

***Oplopanax horridum* - Devil's Club**

OPLOPANAX HORRIDUM (Echinopanax, Devil's Club)

ROOT and ROOTBARK. Tincture [Fresh Root 1:2, Dry Rootbark, 1:5, 60% alc.]
10-40 drops. Cold Infusion, 1-3 ounces, all forms to 3X a day.
STATUS : W/A