MY FIRST HERBAL MONOGRAPH | PAGE 1

RESEARCH > RECORD > BUILD · Personal herbal study record

Common and accepted botanical name

Plant part, family and identity source

My main study question

Botanical characteristics / what I can verify

Traditional account (include author, culture, source)

Sources and access dates

Educational reference only. Do not use a personal monograph to identify plants for consumption.

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Separate source claims, evidence strength and personal notes

Research evidence and limits (study type / preparation)

Safety and interactions: source + unknowns

My observations (clearly separated from sources)

References (author, title, URL, date)

One next question / review date

Educational organizer, not treatment, dosage or safety guidance.