



Astragalus TINCTURE

RESISTANCE TO DISEASE
Immune tonic

NPN 80021948
50 ml

Each ml contains

Astragalus	fresh root	<i>Astragalus membranaceus</i>	1:2	471 mg	Organic
Alcohol 30% to 35%, certified organic					

DOSAGE

Intervention: 2-3 ml, 3 times a day; maximum dose of 9 ml a day.

Treatment: 0.75-1.25 ml, 1 or 2 times a day, for 4 to 6 weeks. Repeat as needed.

DIRECTIONS FOR USE

Dilute tincture in a mouthful of water. Shake before using.

For long-term treatment, use 6 days out of 7.

MODE OF ACTION

Astragalus is an adaptogen and general tonic, it relieves fatigue and weakness. It increases resistance and stamina, increases vital energy, tones and warms the body. It can therefore be used to increase resistance to cold. Astragalus is often compared to ginseng. According to the Chinese, ginseng is appropriate for older people whereas astragalus is adapted to young adults and teenagers.

Astragalus is known as a deep immune tonic and increases resistance to infections. It helps prevent colds, flu, upper respiratory tract infections, mononucleosis, among others. It increases the production of white blood cells and helps reduce symptoms associated with immune suppression caused by a virus or by medication.

Studies have confirmed the antitumor properties of astragalus. It supports immune cells and slows the immune suppression brought on by radiation therapy and chemotherapy and can be used as a complement to those treatments.

Astragalus contains many constituents, among them polysaccharides (astragalans I-III, astragalins), glucosides (saponins, phytosterols), triterpene glucosides (astragalosides I-VIII), flavonoids (quercetin, kaempferol) and isoflavonoids, vitamins (B7, B9), trace elements (Zn, Mn, Mg) and amino acids.

As an antioxidant, astragalus decreases the production of free radicals, increases superoxide dismutase and decreases the peroxidation of lipids. It is a heart protector, regulates cholesterol levels and blood pressure and is anti-inflammatory.

In traditional Chinese medicine, astragalus is used to tone the spleen, increase the Qi (vital energy) and tone the lungs. It is a liver protector, mildly diuretic and protects renal functions.

A. membranaceus also plays a role in blood-sugar regulation, is antibacterial (specific strains) and antiviral with a specific action on Herpes simplex virus.

HELPFUL ASSOCIATIONS

REISHI tincture for immune troubles due to stress.

NETTLE infusion for exhaustion, convalescence and allergies.

ASHWAGANDHA tincture for stress and physical exhaustion.

ETHNOBOTANY

Immune system: recurrent cold and flu, upper respiratory tract infections (prevention), support during chemotherapy and radiation therapy, low white blood cell count.

Urinary system: edema, renal dysfunction due to high blood sugar.

Reproductive system: infertility in men.

Cardiovascular system: angina, hyperlipidemia, blood pressure regulation.

Other uses: overwork, convalescence, fatigue, loss of appetite, diarrhea, psoriasis (oxidative stress).

HISTORY

Native to China, more specifically the north-east, Mongolia, Manchuria and Tibet, astragalus is rare outside of that range. It was mentioned 2000 years ago in Shen Nong Ben Cao Jing. In 1531, the Medical Casebook of Shi-Shan, who was a great doctor of that era, includes a text on the use of astragalus combined with ginseng. The yellow colour of its roots has earned it the nickname *Yellow chief* (huang qi). It is qualified as the *master* of tonic herbs, surpassing ginseng for young adults. Astragalus is one of the major tonics of the Qi (vital energy) and a crucial herb of the Chinese pharmacopoeia, used for physical weakness and chronic diseases.

CONTRA-INDICATIONS

Consult a health care practitioner if you suffer from an autoimmune disease, also during pregnancy and breastfeeding.

INTERACTIONS

No known interaction with drugs.

REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. CRC Press: Boca Raton; 2013.
- Auyeung K.K.W., Cho C.H., Ko J.K.S. A novel anticancer effect of Astragalus saponins: Transcriptional activation of NSAID-activated gene. *International Journal of Cancer* 125, 1082–1091; Hong Kong; 2009.
- Boon H., Smith M. *The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs*, 2nd Edition. Robert Rose: Toronto; 2004.
- Brinker Francis. *Herb Contraindications and Drug Interactions*. Third Edition. Sandy: Eclectic Medical Publications; 2001.
- Duarte M. C. T., Rai M. *Therapeutic Medicinal Plants from Lab to Market*. CRC Press: Boca Raton; 2016.
- Duke J.A., Ayensu E.S. *Medicinal Plants of China*. Algonac: Reference Publications; 1985.
- Gagnon C., Lanctôt-Bédard V. *Materia Medica: Flora Medicina*; 2009.
- Health Canada. Monograph on Astragalus. 2010.
- Huang K.C. *The Pharmacology of Chinese Herbs*, Second Edition. CRC Press: Boca Raton; 1999.
- Huang X.Y., Zhang S.Z., Wang W.-X. Enhanced Antitumor Efficacy with Combined Administration of Astragalus and Pterostilbene for Melanoma. *Asian Pac J Cancer Prev*, 15 (3), 1163-1169 doi:http://dx.doi.org/10.7314/APJCP.2014.15.3.1163; 2014.
- Jung Y., Jerng U., Lee S. Evidence-based Integrative Medicine: A Systematic Review of Anticancer Effects of Radix Astragali. *Chinese Journal of Integrative Medicine* Mar;22(3):225-236; 2016.
- Kiani S., Miraj S. Astragalus membranaceus : A review study of its anti-carcinoma activities. *Der Pharmacia Lettre*, 2016, 8 (6):59-65; Shahrekord; 2016.
- Kim J., Moon E., Kwo S. Effect of Astragalus membranaceus extract on diabetic nephropathy. *Endocrinology, Diabetes & Metabolism* ID: 14-0063; September 2014 doi: 10.1530/EDM-14-0063; Seoul; 2014.
- Kim W., Kim D.R., Chang M.S., Park S.K. Astragalus membranaceus augment sperm parameters in male mice associated with cAMP-responsive element modulator and activator of CREM in testis. *Journal of Traditional and Complementary Medicine* 6(3): 294–298 doi: 10.1016/j.jtcme.2015.10.002. 2016.
- Lai X., Xia W., Wei J., Ding X. Therapeutic Effect of Astragalus Polysaccharides on Hepatocellular Carcinoma H22-Bearing Mice. Dose-Response, January-March 2017:1-6 doi: 10.1177/1559325816685182; Hangzhou; 2017.
- Li H., Nie D., Wang C., Fang J., Li D. Anti-osteoporosis activity of Astragalus membranaceus Bunge extract in experimental rats. *Tropical Journal of Pharmaceutical Research*; 15 (9): 1897-1901; Benin City; 2016.
- Matkovic Z, Zivkovic V, Korica M. et al. Efficacy and safety of Astragalus membranaceus in the treatment of patients with seasonal allergic rhinitis. *Phytotherapy Research*: 2009.
- Pierce Andrea. *Practical Guide to Natural Medicines*. The Stonesong Press: New York; 1999.
- Reid Daniel P. *Chinese Herbal Medicine*. Boston: Shambala Publications; 1987.
- Shao B.-M., Xu W., Dai H., Tu P., Li Z., Gao X.-M. A study on the immune receptors for polysaccharides from the roots of Astragalus membranaceus, a Chinese medicinal herb. *Biochemical and Biophysical Research Communications* 320 (2004) 1103-1111; Beijing; 2004.
- Stargrove M.B., Treasure J., McKee D.L. *Herb, Nutrient and Drug Interactions*. Mosby Elsevier: St. Louis; 2008.
- Su G., Chen X., Liu Z., Yang L., Zhang L., Stålsby Lundborg C., Wen Z., Guo X., Qin X., Liang J., Liu X. Oral Astragalus (Huang qi) for preventing frequent episodes of acute respiratory tract infection in children. *Cochrane Database of Systematic Reviews*, Issue 12. Art. No.: CD011958. DOI: 10.1002/14651858.CD011958.pub2; 2016.
- Tierra Michael. *The Way of Chinese Herbs*. Pocket Books: New York; 1998.
- Tilgner S.M. *Herbal Medicine From the Heart of the Earth*, 2nd Edition. Wise Acres LLC: Pleasant Hill; 2009.
- Upton Roy. *Monography on Astragalus Root*. American Herbal Pharmacopeia: Santa Cruz; 1999.
- WHO. *Monographs on selected medicinal plants*, Volume 1. Geneva; 1999.
- Winston D., Maimes S. *Adaptogens*. Healing Arts Press: Rochester; 2007.
- Zhang HW, Lin ZX, Xu C, Leung C, Chan LS. Astragalus (a traditional Chinese medicine) for treating chronic kidney disease. *Cochrane Database of Systematic Reviews* 2014, Issue 10. Art. No.: CD008369. DOI: 10.1002/14651858.CD008369.pub2.
- Zhang H.W., Lin Z.X., Xu C., Leung C., Chan L.S. Astragalus (a traditional Chinese medicine) for treating chronic kidney disease. *Cochrane Database of Systematic Reviews*, Issue 10. Art. No.: CD008369. DOI: 10.1002/14651858.CD008369.pub2; 2014.
- Zou C, Su G, Wu Y, Lu F, Mao W, Liu X. Astragalus in the prevention of upper respiratory tract infection in children with nephrotic syndrome: evidence-based clinical practice. *Evidence Based Complementary Alternative Medicines*, 2013:352130. doi:10.1155/2013/352130. 2013.

Organic, fresh herbs from the garden.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

