

## astragalus

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# Cruising Review

Astragalus: Publications and Research from SwissMixIt



## This webpage QR code

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of various Astragalus species that are native to China, Korea and North America. Called Huang Qi in Chinese traditional medicine, it is purported to have immunomodulatory, antioxidant, antiviral and cardiotonic activities and is used to treat stress, fatigue, pain, memory loss, viral infections, hypercholesterolemia, cancer, heart failure, and kidney and liver disease. It is also used as a general tonic to increase energy, reduce fatigue and counteract the effects of aging. Its efficacy in these conditions has not been shown in controlled prospective studies, but it has been used in traditional Chinese medicine for centuries and is currently becoming a popular herbal product in Western countries. Astragalus extracts have multiple chemical constituents and the specific active ingredient responsibility for its activity has not been identified. Constituents include triterpene glycosides, saponins (astragalosides), sterols, fatty acids, isoflavonoids and polysaccharides. Extracts of astragalus are often supplied as tablets or capsules which are taken once to three times daily. Astragalus is also supplied as liquids and teas. Side effects are uncommon and have not been clearly defined. Large doses can cause gastrointestinal upset, diarrhea, nausea and vomiting, probably because of direct irritation to the intestinal mucosa."

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### **Astragalus Botanical Information**

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