



**HERBAL
FORTRESS™**

Building Natural Strength and Protection



Astragalus FORTÉ

STANDARDIZED
EXTRACT

Helps Maintain a
Stong Immune System



- 500 mg Astragalus Root (*Astragalus membranaceus*) Extract
- Standardized Extract – Laboratory Tested
- 16% Polysaccharides, 0.2% flavones • Quality Guaranteed
- Botanical name: *Astragalus membranaceus*/ Pin Yin: Huang Qi
- 60 Vegetarian capsules/bottle. Dose: 1 capsule 2-3x per day taken with warm water or tea. May be taken with food or between meals.

WHAT IS ASTRAGALUS?

Astragalus is a tonic herb from the legume family. It is indigenous to China and has been used as a preventive health tonic in Traditional Chinese Medicine since ancient times. The botanical name of Astragalus is: *Astragalus membranaceus*. Astragalus is one of the herbs known to stimulate the body's natural production of interferon. It is known as a "Chi" tonic or replenisher. Chi is a concept in Chinese Medicine of the body's "Vital Life Energy". Astragalus is suitable for long-term use as an important aid in supporting the body's natural defense system.

WHAT DOES ASTRAGALUS DO?

Astragalus is one of the Chinese Tonic Herbs. The "tonics" are a unique category of herbals that benefit the body's own healing system. Astragalus is considered immune enhancing and supportive.

HOW DOES ASTRAGALUS WORK?

The root is the part containing the active ingredients and it is used as an immunomodulator. The constituents of the root include: Polysaccharides, choline, betaine, rumatakenin, [beta]-sitosterol.

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HEALTH BENEFITS OF ASTRAGALUS:

Astragalus also helps to stop night or day sweats by what is known in Traditional Chinese Medicine is its ability to help build Yin and Blood as well as the protective Chi in the body. In Western Medicine, Astragalus has been shown to benefit the immune system by increas-

ing natural killer cell activity, and by boosting bodies' production of antibodies and interferon. Astragalus has numerous immune enhancing benefits. In Traditional Chinese Medicine, long-term intake of Astragalus builds Chi (Vital Life Energy) in the body. This extra Chi helps to prevent depletion of our resources. Astragalus in combination with Dong Quai improves the circulation of Chi and blood in the skin making it more supple and healthy.

CAUTIONS:

Astragalus has shown no toxicity with long term use. Astragalus should be discontinued when experiencing excess heat in the body as it is a warming herb. It should be discontinued when there are symptoms of fever, dry cough, or constipation. When these symptoms are not present Astragalus may be continued and taken daily. As with all herbal and dietary supplements, you should always inform your physician about what you are taking in order to avoid potentially dangerous drug interactions. condition. Keep out of reach of children. Not recommended for individuals that have been diagnosed with bipolar disorder. Discontinue if unusual symptoms occur. Do not exceed recommended dose unless under the guidance of a health care professional.

REFERENCE:

1. Leung AY, Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs, and Cosmetics, 2d ed. New York: John Wiley & Sons, 1996, 509653.
2. Foster S, Chongxi Y. Herbal Emissaries: Bringing Chinese Herbs to the West. Rochester, VT: Healing Arts Press, 1992, 279633.
3. Shu HY. Oriental Materia Medica: A Concise Guide. Palos Verdes, CA: Oriental Healing Arts Press, 1986, 5219623.20.

HERBAL FORTRESS™ HAS AN UNCOMPROMISING COMMITMENT TO QUALITY AND PRODUCT INTEGRITY.

SATISFACTION GUARANTEED: All of our Herbal Fortress™ products are Laboratory Tested according to the highest GMP (Good Manufacturing Practices) standards in the industry. Each batch undergoes stringent quality controls and are all laboratory tested. Freshness and Quality is guaranteed. The lot number and expiration date of each product is imprinted on the front panel. Each product is packaged in a light-protective bottle and safety sealed with outer shrink wrap and printed inner seal. Do not use if either seal is broken or missing.

DID YOU KNOW? Herbal Fortress™ standardized extracts are technically advanced herbal products. Standardization ensures specific, measurable levels of important compounds that provide beneficial activity in the body. All of our products are free of wheat, corn, dairy, soy, natural or artificial sweeteners and yeast.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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