How to Print

Nature's Way
Trust The Leaf™

Fo-Ti

Latin Name
Polygonum multiflorum



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Description
Encapsulated, wild grown Chinese Fo-Ti Root, carefully screened for purity, potency and quality.

Usage
One of the most widely used medicinal plants in Chinese medicine. Traditionally used as a tonic the Chinese frequently use Fo-Ti on an alternating basis with Ginseng.*

Recommended Daily Dosage
Take one to two capsules three times daily with water at mealtimes or prepared as a tea.

The following list is for serving size of 2 capsules

Primary Ingredients	***Amount***	***USRDA***
Fo-Ti Root	1.22 g	0%

Other Ingredients
Gelatin, Magnesium Stearate

Sizes & Suggested Retail Price
100 capsules - $8.99

Where to BUY?

Synergistic Products
Hair & Skin Formula
Korean White Ginseng
Licorice
Maca, Extract
Schizandra

Quality Issues
Considered one of China's four greatest herbs.

Usage Warnings
Contraindications:

Not recommended in cases of deficient spleen activity or in those with excess phlegm (mucus congestion).

Product Q&A

1. Is Nature's Way Fo-Ti Root cooked or processed before it is ground into powder?
   No, it is not cooked or processed.

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.