ASTRAGALUS SUPREME

Ultimate Support for
Healthy Immune Function*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF:

FORMULA	MG PER 2 CAPSULES
Chinese Astragalus root (*Astragalus membranaceus*)	380 mg
Chinese Schizandra berry (*Schizandra chinensis*)	370 mg
Chinese Ligustrum berry (*Ligustrum lucidum*)	120 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Total Astragalosides	1.0 mg
Total Schizandrins	7.0 mg

DOSAGE
2 Liquid Phyto-Caps, 2 times daily

DURATION OF USE
4-6 months

BEST TAKEN
Between meals, with warm water

DESCRIPTION OF FORMULA

Astragalus Supreme is a unique formula specifically designed to support the health of the immune system and aid the body in developing its inherent ability to adapt to temporary stress. The herbs in this formula work together to encourage overall immune system health and stamina, and improve one's natural ability to endure both physical and emotional stress. Astragalus Supreme also provides antioxidant protection from free radical damage to cells and tissue. Its component herbs support immunologic balance, optimal liver function and a healthy heart.*

Astragalus root has long been valued in China for its role in supporting immune system health, encouraging vital heart function, and enhancing the body's natural resistance and adaptation to stressful influences. As well, this highly regarded root offers antioxidant protection. Fittingly, astragalus root's antioxidant properties may have a beneficial effect on liver and heart function by protecting these vital organs from the damaging effects of free radicals. In traditional Chinese Medicine, astragalus is considered one of the most important tonics in existence, earning the name of "yellow leader," due to the root's characteristic yellow color and superior performance among Chinese tonic herbs.*

Several research studies suggest a synergistic effect between astragalus root and ligustrum berries, another tonic highly regarded in China for its role in supporting a healthy immune system response.*

Ligustrum berries are native to China and have been used since ancient times for a wide range of health promoting purposes, primarily related to supporting optimal immune system health. Several scientific investigations have examined the constituents of ligustrum berries. One constituent that has received considerable attention is called ligustrin, or oleanolic acid. Ligustrin enhances immune system function, encourages healthy fluid levels and supports a healthy liver.*

Schizandra berries contain a variety of active constituents that are collectively known as lignans. These compounds promote healthy immune system and liver function. Specifically, these berries provide powerful antioxidant protection, particularly from free radicals and other toxins that normally enter into the liver and cause cellular damage. Regarded as a popular adaptogenic agent, schizandra berries are unique in that they hold a remarkable blend of five distinct flavor properties collectively serving to promote overall health and vitality. Namely, bitter, sweet, sour, salty and hot. Schizandra berries function to enhance the body's natural resistance and adaptation to stressful influences, support mental endurance and promote overall metabolic efficiency.*

COMPLEMENTARY HERBS / FORMULAS
Reishi/Bupleurum Supreme

SAFETY EVALUATION/CONTRAINDICATIONS
This formula should be avoided in pregnancy and lactation. Adverse reactions such as heartburn, reduced appetite, stomach pain and allergic skin reactions can occur. Avoid use if you are an organ transplant recipient. Use with caution and seek the advice of a qualified healthcare professional if you have epilepsy, an autoimmune disorder, gastroesophageal reflux disease (GERD), peptic ulcer or high intracranial pressure.*

KNOWN DRUG INTERACTIONS
This formula should be used with caution in combination with cyclophosphamide (Cytoxan®, Neosar®). Some of the herbs in this formula have not been studied extensively to determine their interactions with other medications. Before using this formula, talk with your healthcare professional if you take any medications.*

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

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THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.