

QUICK REFERENCE SHEET

ASTRAGALUS

Astragalus membranaceus



Part Utilized:
Root



PROPERTIES:

Adaptogenic, Immunostimulant, Nerve,
Antibacterial, Anti-inflammatory, Stimulant,
Tonic (cardiovascular)

SYSTEMS AFFECTED:

Immune, Urinary, Endocrine (adrenals, thyroid),
Cardiovascular

POSSIBLE USES:

shingles, protect/support the immune system,
diabetes, blood pressure, anemia, allergies

INGREDIENT IN:

AD, CF, COMP, KB, MS, PRT, SN

GENERAL INFORMATION:

Astragalus contains antioxidants which protect against cell damage and may protect the body against such things as colds, upper respiratory infections, high blood pressure, liver disease, and diabetes.

In the United States, researchers are looking at Astragalus as a possible treatment for people whose immune systems have been weakened by chemotherapy and radiation. Astragalus may also act as a mild diuretic.

Astragalus builds the immune system, and is one of the best-researched immune system stimulants now available. It works like Echinacea, in that both herbs increase the number and activity of immune cells.