

QUICK REFERENCE SHEET

FO TI

Polygonum multiflorum



Part Utilized:
Root

PROPERTIES:

Adaptogenic, Tonic, Blood Purifier

SYSTEMS AFFECTED:

Nerves, Brain, Endocrine/Glandular, Circulatory,
Cardiovascular, Digestive/Liver, Urinary,
Skeletal, Blood Purifier

POSSIBLE USES:

diabetes, insomnia, prostatitis, dizziness with
ringing in the ears, fatigue, high cholesterol,
constipation, bone and joint pain



INGREDIENT IN:

CART

GENERAL INFORMATION:

The folk legends surrounding Fo Ti in the ancient Chinese tradition are positively incredible. In modern times, this herb has been shown to contain an alkaloid that has a tonic and rejuvenating effect on the nerves, brain, and endocrine glands. It stimulates a portion of the adrenal gland and creates energy, vigor, and good health. Fo Ti also contains lectins which affect fat levels in the blood, helping to prevent or delay heart disease by blocking the formation of plaque in blood vessels. Fo Ti also reduces the amount of fat that is stored in the liver.

Fo Ti tones the kidneys, fortifies the bones due to its action on the endocrine system, and purifies the blood. In athletic circles, Fo Ti is reputed to enhance energy and vigor, creating enhanced performance and reducing the time necessary for recovery after intense effort and stress.