



Category 3
Single Herb
Tabs / Capsules



Dong Quai
(Women's supplement)
100 Caps #104655

Description: Dong Quai is a very useful herb for women suffering from painful menstruation, premenstrual syndrome, irregular menstrual cycles, delayed or absent periods, anemia or weakness and menopausal symptoms.

Contents / Ingredients

Chinese medicine claims that **Dong Quai** increases blood flow to the reproductive organs in females. It also restores balance in a women's reproductive system by toning the uterus, nourishing the blood, and stimulating healthy circulation. This makes it useful as a **menstrual balancer**, aphrodisiac and postpartum healer. The active constituents of Dong Quai appear to be aromatic volatile oils that affect the uterus, liver, heart, blood pressure and nervous system. These compounds are called sesquiterpene lactones and similar compounds are found in many medicinal plants.

Many of the benefits of the oral ingestion of the herb may also be due to its nutritional profile. It contains generous quantities

vitamin E, cobalt and iron. Dong Quai also strengthens the heart, liver, and lungs. This herb has been mentioned in Chinese medical texts as early as AD 588, where it is recommended for "**deficient blood,**" a condition characterized by **dizziness, a pale face and lips, weak vision, lethargy, heart palpitations, dry skin, menstrual irregularities, pale tongue, and an irregular pulse.**

Several studies show that a polysaccharide constituent in the root increased the ability of natural killer cells, macrophages, and other immune cells to destroy tumors. Dong Quai has also demonstrated anti-allergenic activity. Studies show that it helps prevent production of **allergy-related** antibodies (IgE) and provides protection against capillary permeability, an important factor in allergic reactions.

Another area of current research is in Dong Quai's potential in pain relief, in many different types of pain. In one Chinese clinical trial, it effectively reduced postoperative pain in 105 patients who had just had chest surgery. Laboratory studies suggest that Dong Quai has potent **anti-inflammatory** properties, as well as pain-relieving effects that are 1.7 times stronger than aspirin. Researchers believe Dong Quai helps relieve menstrual cramps because of its relaxing effects on the uterus.

Laboratory studies show that Dong Quai **strengthens liver** function by increasing the liver's ability to use **oxygen**, while **preserving glycogen** (stored energy in the liver) and glutathione, a potent antioxidant that helps protect the organ from destructive free radicals. Dong Quai also guards the liver against a variety of toxic substances, such as carbon tetrachloride.

BENEFITS

- Regulates bleeding, reduces pain, and relaxes the uterus in cases of menstrual cramps, due to its antispasmodic and blood-building properties.
- Helps balance irregular menstrual cycles.
- Encourages blood flow when periods are delayed or absent.
- Helps build the blood in anemia.

Traditional Therapeutic Action

Supplement Facts

Serving Size 2 Capsules	Servings per Container 50	
	Amount Per Serving	% Daily Value
Total Carbohydrate	0.76 g (760 mg)	<1% (**)
Dong Quai Powder		
(Angelica sinensis) (root)	1.04 g (1040 mg)	(*)
(*) Daily Value not established.		
(**) Percent Daily Values are based on a 2,000 calorie diet.		
Other ingredients: Gelatin (capsule).		
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, or milk.		

SUGGESTED DOSAGE: Take as directed.

CAUTION: Not to be used in combination with anticoagulant drugs. Do not use during pregnancy. Do not use during excessive menstrual flow, or diarrhea.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.