

DONG QUAI ROOT

Dong Quai (*Angelica sinensis* or *Angelica polymorpha* var. *sinensis*) is an herb with a long history of use in traditional Chinese medicine. It's primarily known for its potential medicinal properties related to women's health. Studies have explored its effectiveness as a uterine tonic, menstrual flow-stimulant, anti-spasmodic, mild laxative, anti-inflammatory, and general promoter of health and vitality.

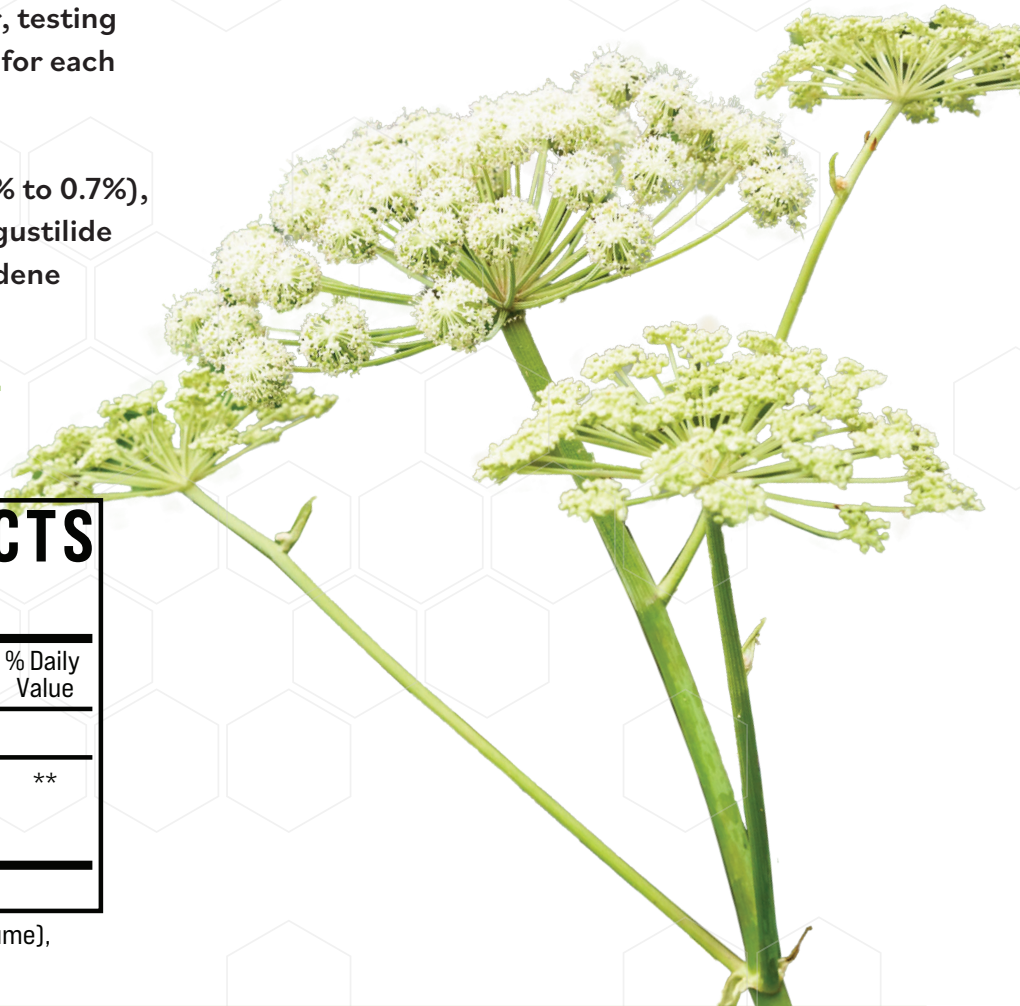
Often referred to as "female ginseng," Dong Quai supports various aspects of women's well-being, particularly in addressing menstrual and menopausal symptoms. However, testing helps ensure this herb is appropriate for each situation.

Dong Quai contains essential oil (0.4% to 0.7%), mainly consisting of the phthalides ligustilide and n-butylidene phthalide (n-butylidene

phthalide has a penetrating characteristic fragrance, like all plant phthalides). It also contains phytosterols, ferulic acid, and coumarins (angelol, angelicone).

Dong Quai root has been shown in scientific studies to:

- Support normal female reproductive function
- Ease mild discomfort associated with menopause
- Help maintain healthy circulation



SUPPLEMENT FACTS

Serving Size: 2.5mL
Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	10	
Organic Dong Quai Root (<i>Angelica sinensis</i>) 1:2 extract from 1.25 g Root	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Pure Alcohol (65-75% by volume), Purified Water

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. For educational purposes only.



THE
WELLNESS
WAY

thewellnessway.com