

JAPANESE KNOTWEED

Japanese Knotweed (*Polygonum cuspidatum* or *Fallopia japonica*) is a medicinal herb native to East Asia and commonly found in Japan, China, Korea, and other parts of Asia. It was introduced to the West in the 1800s as an ornamental plant and for erosion control. However, it quickly spread and became invasive in many regions due to its ability to grow rapidly and outcompete native vegetation.

Despite its invasive nature, Japanese Knotweed has also been recognized for its potential health benefits. In Asian medicine, particularly in Traditional Chinese Medicine (TCM), Japanese Knotweed (known as Hu Zhang) has been used for various medicinal purposes, including supporting cardiovascular health, promoting healthy immune function, and providing antioxidant benefits.

Japanese Knotweed is one of the richest natural sources of resveratrol, a polyphenolic compound found in the skin of red grapes and other plants. Resveratrol has antioxidant properties and is associated with anti-

inflammatory effects, cardiovascular protection, and potential anti-aging properties. Other bioactive compounds include anthraquinones, glucosides, and flavonoids like quercetin.

Japanese Knotweed has been shown in scientific studies to:

- Support a healthy cardiovascular system
- Provide antioxidant and anti-inflammatory activity (especially via resveratrol)
- Help maintain healthy skin tissue



SUPPLEMENT FACTS

Serving Size: 2.5mL

Servings Per Container: Approx. 71

	Amount Per Serving	% Daily Value
Calories	5	
Japanese Knotweed (<i>Polygonum cuspidatum</i>) 1:2 Extract from 1.25g Rhizome	2.5mL	**

**Daily Value Not Established.

Other Ingredients: Deionized Water, Pure Alcohol (45-55% by volume)

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.



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