Astragalus

What is it?

Astragalus (*Astragalus membranaceus*) is an herb used to support and balance the immune system. It has been used for centuries, especially in Traditional Chinese Medicine herbal formulas. The medicinally active form of the plant is the root. It can be used to strengthen the immune system during the winter months or during traveling to help prevent colds and flues.

How much should I take?

The purple top Nature’s Way Astragalus can be taken as 1 capsule 2-3 times daily, maximum 2 capsules twice daily. If you are leaving for a trip, you could start taking it 1-2 weeks prior to departure.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Astragalus in the recommended doses above is felt to be safe. Please note different brands may have different amounts in each capsule!

Astragalus is typically tolerated well. Please check with your provider if you have multiple medical conditions, are on multiple medications, or have any autoimmune conditions.

If you have further questions, please talk to one of the Pharmacists or schedule an appointment with a provider. We are dedicated to your health and wellbeing!