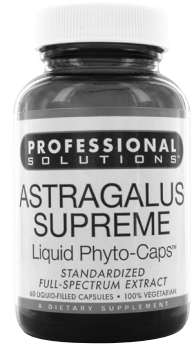


# ASTRAGALUS SUPREME

*Ultimate Support for*  
**Healthy Immune Function\***



## ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA

	MG PER 2 CAPSULES
Chinese Astragalus root ( <i>Astragalus membranaceus</i> )	380 mg
Chinese Schizandra berry ( <i>Schizandra chinensis</i> )	370 mg
Chinese Ligustrum berry ( <i>Ligustrum lucidum</i> )	120 mg

## STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Total Astragalosides	1.0 mg
Total Schizandrins	7.0 mg

## DESCRIPTION OF FORMULA

**A**stragalus Supreme is a unique formula specifically designed to support the health of the immune system and aid the body in developing its inherent ability to adapt to temporary stress. The herbs in this formula work together to encourage overall immune system health and stamina, and improve one's natural ability to endure both physical and emotional stress. Astragalus Supreme also provides antioxidant protection from free radical damage to cells and tissue. Its component herbs support immunologic balance, optimal liver function and a healthy heart.\*

Astragalus root has long been valued in China for its role in supporting immune system health, encouraging vital heart function, and enhancing the body's natural resistance and adaptation to stressful influences. As well, this highly regarded root offers antioxidant protection. Fittingly, astragalus root's antioxidant properties may have a beneficial effect on liver and heart function by protecting these vital organs from the damaging effects of free radicals. In traditional Chinese Medicine, astragalus is considered one of the most important tonics in existence, earning the name of "yellow leader," due to the root's characteristic yellow color and superior performance among Chinese tonic herbs.\*

Several research studies suggest a synergistic effect between astragalus root and ligustrum berries, another tonic highly regarded in China for its role in supporting a healthy immune system response.\*

Ligustrum berries are native to China and have been used since ancient times for a wide range of health promoting purposes, primarily related to supporting optimal immune system health. Several scientific investigations have examined the constituents of ligustrum berries. One constituent that has received considerable attention is called ligustrin, or oleanolic acid. Ligustrin enhances immune system function, encourages healthy fluid levels and supports a healthy liver.\*

## DOSAGE

2 Liquid Phyto-Caps, 2 times daily

## DURATION OF USE

4-6 months

## BEST TAKEN

Between meals, with warm water

Schizandra berries contain a variety of active constituents that are collectively known as lignans. These compounds promote healthy immune system and liver function. Specifically, these berries provide powerful antioxidant protection, particularly from free radicals and other toxins that normally enter into the liver and cause cellular damage. Regarded as a popular adaptogenic agent, schizandra berries are unique in that they hold a remarkable blend of five distinct flavor properties collectively serving to promote overall health and vitality. Namely, bitter, sweet, sour, salty and hot. Schizandra berries function to enhance the body's natural resistance and adaptation to stressful influences, support mental endurance and promote overall metabolic efficiency.\*

## COMPLEMENTARY HERBS / FORMULAS

Reishi/Bupleurum Supreme

## SAFETY EVALUATION/CONTRAINDICATIONS

This formula should be avoided in pregnancy and lactation. Adverse reactions such as heartburn, reduced appetite, stomach pain and allergic skin reactions can occur. Avoid use if you are an organ transplant recipient. Use with caution and seek the advice of a qualified healthcare professional if you have epilepsy, an autoimmune disorder, gastroesophageal reflux disease (GERD), peptic ulcer or high intracranial pressure.\*

## KNOWN DRUG INTERACTIONS

This formula should be used with caution in combination with cyclophosphamide (Cytoxan®, Neosar®). Some of the herbs in this formula have not been studied extensively to determine their interactions with other medications. Before using this formula, talk with your healthcare professional if you take any medications.\*

\* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## REFERENCES

American Herbal Products Association. Use of Marker Compounds in Manufacturing and Labeling Botanically Derived Dietary Supplements. Silver Spring, MD: American Herbal Products Association; 2001.

Bensky D, Gamble A, Kaptchuk T. Chinese Herbal Medicine: Materia Medica. Seattle: Eastland Press, 1993, 366.

Chang H, But P (eds). Pharmacology and Applications of Chinese Materia Medica 1. Singapore: World Scientific, 1986.

Chen L, Liao J, Guo W. Effects of Astragalus membranaceus on Left Ventricular Function and Oxygen Free Radical in Acute Myocardial Infarction Patients and Mechanism of Its Cardiotoxic Action. *Chung Kuo Chung Hsi I Chieh Ho Tsa Chih*. Mar1995;15(3):141-3.

Chu D, Wong W, Mavligit G. Immunotherapy with Chinese medicinal herbs. II. Reversal of cyclophosphamide-induced immune suppression by administration of fractionated Astragalus membranaceus in vivo. *J Clin Lab Immunol* 1988;25:125-9.

Foster S, Yue C. Herbal Emissaries: Bringing Chinese Herbs to the West. Rochester, VT: Healing Arts Press, 1992, 146-52; 227-33.

Foster S. Herbs for Your Health. Loveland, CO: Interweave Press, 1996, 6-7.

Geng C, et al. Advances in Immuno-pharmacological Studies on Astragalus membranaceus. *Chin J Integ Trad West Med*. 1986;6(1):62-64.

Griga I. Effect of a Summary Preparation of Astragalus cicer on the Blood Pressure of Rats with Renal Hypertension and on the Oxygen Consumption by the Tissues. *Farm Zh*. 1977;6:64-66.

Ip SP, Poon MKT, Wu SS, et al. Effect of schisandrin B on hepatic glutathione antioxidant system in mice: Protection against carbon tetrachloride toxicity. *Planta Med* 1995;61:398-401.

Klepser T, Nisly N. Astragalus as an adjunctive therapy in immunocompromised patients. *Alt Med Alert* 1999;Nov:125-8.

Lee I, Jung K, Oh S, et al. Structure-activity relationships of lignans from Schisandra chinensis as platelet activating antagonists. *Biol Pharm Bull* 1999 ;22(3): 265-7.

## GENERAL REFERENCES

Wren RC. Potter's New Cyclopaedia of Botanical drugs and preparations. Essex, UK. Saffron Walden;1988.

Bartram T. Encyclopedia of Herbal Medicine. Dorset. Grace Publishers; 1995.

Leung A, Foster S. Encyclopedia of Common Natural Ingredients. NY: Wiley;1996.

Bradley P (Ed.). British herbal Compendium. Dorset. British Herbal Medical Assoc.; 1992.

Mills S, Bone K. Principles and practice of Phytotherapy. New York. Churchill Livingstone; 2000.

Ellingwood F. American Materia Medica, Therapeutics and Pharmacognosy. Portland. Eclectic Medical Publications;1985.

Tang W, Eisenbrand G. Chinese Drugs of Plant Origin. New York. Springer-Verlag;1992.

Huang KC. The Pharmacology of Chinese Herbs. Ann Arbor. CRC Press;1993.

McGuffin M, et al. Ed. AHPA's Botanical Safety Handbook. Boca Raton: CRC Press, 1997.

Newall CA, et al. Herbal Medicines: A Guide for Health-Care Professionals. London: Pharmaceutical Press; 1996.

Weiss R. Herbal medicine. Beaconsfield, UK. Beaconsfield Publishers;1985.

Felter H, Lloyd JU. King's American Dispensatory. Portland. Eclectic medical Publications; 1983.

Duke J. Handbook of Medicinal Herbs. Boca Raton. CRC Press;1985.

Hoffman D. The Holistic Herbal. Moray. The Findhorn Press;1984.

Lei Z, Qin H, Liao J. Action of Astragalus membranaceus on Left Ventricular Function of Angina Pectoris. *Chung Kuo Chung Hsi I Chieh Ho Tsa Chih*. Apr1994;14(4):199-202,195.

Leung A, Foster S. Encyclopedia of Common Natural Ingredients Used in Foods, Drugs, and Cosmetics, 2nd ed. New York: John Wiley & Sons, 1996, 50-53,350-2,469-72.

Liu K. Studies on fructus Schizandrae chinensis. Annex 12: Studies on fructus Schizandrae chinensis. Plenary lecture, World Health Organization (WHO) Seminar on the Use of Medicinal Plants in Health Care, Sept 1977, Tokyo, Japan. In: WHO Regional Office for the Western Pacific, Final Report, November 1977, Manila, 101-12.

McGuffin M, Hobbs C, Upton R, et al. American Herbal Product Association's Botanical Safety Handbook. Boca Raton, FL: CRC Press, 1997.

PDR for Herbal Medicines, 2nd edition. Montvale, NJ: Medical Economics Company; 2000:56.

Qun L, Luo Q, Zhang Z, et al. Effects of astragalus on IL-2/IL-2R system in patients with maintained hemodialysis. *Clin Nephrol* 1999;52:333-4.

Rittenhouse J, Lui P, Lau B. Chinese medicinal herbs reverse macrophage suppression induced by urological tumors. *J Urol* 1991;146(2):486-90.

Shi H, et al. Intervention of Lidocaine and Astragalus membranaceus on Ventricular Late Potentials. *Zhongguo Zhong Xi Yi Jie He Za Zhi*. Oct1994;14(10):598-600.

Shu H. Oriental Materia Medica: A Concise Guide. Palos Verdes, CA: Oriental Healing Arts Press, 1986, 521-3, 624-5.

Sun Y, Hersh E, Talpaz M, et al. Immune restoration and/or augmentation of local graft versus host reaction by traditional Chinese medicinal herbs. *Cancer* 1983;52(1):70-3.

Tang W, Eisenbrand G. Chinese Drugs of Plant Origin. Berlin: Springer Verlag, 1992, 1056.

Upton R, ed. Schisandra Berry: Analytical, Quality Control, and Therapeutic Monograph. Santa Cruz, CA: American Herbal Pharmacopoeia 1999;1-25.

Felter HW. The Eclectic materia Medica, Pharmacology and Therapeutics. Portland, Oregon. Eclectic Medical publications;1985.

Boon H, Smith M. The Botanical Pharmacy. Quebec, Canada. Quarry press;1999.

Mills S. The Essential Book of Herbal medicine. London. Penguin;1991.

Brinker, Francis ND. Herb Contraindications and Drug Interactions. Sandy, OR: Eclectic Medical Publications;1997.

Miller L. Herbal Medicinals: Selected Clinical Consideration Focusing on Known or Potential Drug-Herb Interactions. *Arch Intern Med*.1998;158: 2200-11.

Newall C, Phillipson JD. "Interactions of Herbs with Other Medicines." Online. Internet. [4/26/00]. Available WWW: <http://www.ex.ac.uk/phytonet/phytojournal/>

Bensky D, Gamble A. Chinese Herbal Medicine: Materia Medica. Seattle: Eastland, 1986.

DeSmet PAGM. Adverse Effects of Herbal Drugs. Berlin: Springer-Verlag. 1993

Bergner P. "Herb-drug Interactions." Medical Herbalism. 1997. Online. Internet. [5/20/99]. Available WWW: <http://medherb.com/92DRGHRB.HTM>

WHO monographs on selected medicinal plants. Volume 1. Geneva: World Health Organization. 1999.

\*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.  
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.