

## Product Profile

# HO SHOU WU (“Fo Ti”)

*Polygonum multiflorum*

Liquid extract of dried root (cured per Traditional Chinese Medicine).

**Actions:** In Traditional Chinese Medicine Ho Shou Wu is considered a yin essence tonic which promotes a long healthy life, boosts physical energy, enhances learning and memory, and promotes sexual virility and sperm production in males. It's also reputed to nourish healthy hair, teeth, bones, ligaments and tendons, and to prevent or reverse greying of the hair. Cleanses and nourishes the blood. Modern research shows its ability to lower blood levels of low-density lipoprotein ("bad cholesterol") and raise blood levels of high-density lipoprotein ("good cholesterol"). Promotes healthy immune system function. Mildly laxative in larger doses.

**Uses:** As a rejuvenating physical, mental and sexual tonic for elderly men and women. To prevent premature greying of the hair. To protect or restore stressed adrenal glands and to treat nervous exhaustion. Weakness of the bones, teeth, ligaments and tendons. To promote strength, resilience and stamina during athletic training and competition, or arduous work. To deter formation of blood vessel plaque and thereby prevent or diminish damage done by heart attack and stroke. Swollen, inflamed lymph nodes; boils and carbuncles. To build red blood cells in anemia. Minimize oxidative stress and free-radical damage to cells.

**Dose:** Take 30 to 40 drops, 2 or 3 times per day. For optimal results take with an equal dose of Ginseng and Reishi.

**Cautions:** With larger doses or sensitive individuals loose stools or diarrhea may be experienced. If this happens do not take drops for 1 or 2 days and then continue taking at a lower dose.



Excerpted from the *Therapeutic Herb Manual* by Ed Smith. The *Therapeutic Herb Manual* is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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