

## Product Profile

# SHATAVARI

*Asparagus racemosus*

Liquid extract of dried root.

**History:** Shatavari, which translates as “she who possesses 100 husbands,” has a long and esteemed history in Traditional Ayurvedic Medicine as a primary tonic and remedy for female reproductive health.

**Actions:** Female reproductive tonic. Galactagogue. Adaptogen. Enhances immune system function. Hepatoprotective. Aids normal digestion.

**Uses:** Diminished sexual libido in women. Deficient sexual fertility in men and women. Poor appetite, dyspepsia and liver problems, especially during pregnancy. Deficient lactation. PMS and menstrual cramping. A general tonic during menopause. Adaptogenic tonic during periods of physical or mental stress.

**Dose:** Take 30 to 40 drops, 2 to 4 times per day.

**Cautions:** None known.



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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