

FULL SPECTRUM™ DONG QUAI



Premier Female Tonifier

Botanicals have been utilized for centuries by herbalists to support gynecological health. Of the hundreds used, dong quai has remained one of the most relied upon herbs for women, valued worldwide for supporting a healthy female cycle and easing monthly discomforts.

Dong quai is considered the primary female tonifier of traditional Chinese herbalism, and is indispensable for supporting a healthy reproductive system. It is an important component of any women's health program.

Now Planetary Formulas offers you FULL SPECTRUM DONG QUAI, the latest addition to our line of premium single herbs. Unlike many dong quai supplements, which utilize root fragments, FULL SPECTRUM DONG QUAI is prepared from the entire root. Planetary Formulas Full Spectrum™ formulation ensures the presence of a broad range of dong quai's beneficial compounds.



PLANETARY



More Than Herbs – *Herbalism!*

Renowned Herb for Women's Health

Dong quai, derived from the root of the Chinese perennial *Angelica sinensis*, ranks just below ginseng as the most popular herb in China and Japan. It has often been referred to as the “female ginseng,” popular among women for centuries as a “blood tonic” and used to promote a healthy menstrual cycle and to ease normal menstrual discomfort.

Dong Quai's Mechanism of Action

Today scientific research is helping to explain how dong quai works. Preclinical pharmacological studies have focused on specific health-promoting compounds. It appears that the principal active constituents of dong quai are Z-ligustilide, which comprises 45% to 60% of the root's essential oil, ferulic acid, and various polysaccharides.

These studies suggest that dong quai helps dilate peripheral blood vessels and increase circulation, a key to promoting healthy gynecological function according to traditional Chinese herbalism. Dong quai is also believed to have antispasmodic actions, particularly on smooth muscles—which would explain its ability to ease menstrual cramps.

Additional Benefits

Preclinical studies also suggest that dong quai may exert a beneficial cardiovascular effect, through stimulation of circulation, decreased myocardial oxygen consumption, and decreased vascular resistance. In addition to its traditional use as a female tonifier, current research is now focusing on its cardiovascular and liver protective effects, and its role as an antioxidant, antispasmodic, and immunomodulator.

The Full Spectrum™ Difference

FULL SPECTRUM DONG QUAI is part of Planetary Formulas' line of Full Spectrum single ingredient herbs, which provide the broadest range of benefits the plant has to offer. Many dong quai supplements utilize only fragments of the root, or use slices that have been soaked and pressed. This washes away many valuable constituents. Planetary Formulas uses the entire root, for balanced activity.

Uniting Tradition and Science

Like other Planetary Formulas, FULL SPECTRUM DONG QUAI draws on the wisdom of traditional cultures and the new knowledge gleaned from scientific research. The result: a formula that provides the best of what modern herbalism has to offer.

References

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American Herbal Products Association
National Nutritional Foods Association



*The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.