

## **Dong Quai Root (Item #3010)** *Restore Balance and Reduce Inflammation*

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The name Dong Quai translates as "return to order" based on its restorative properties and is considered the "female ginseng" based on its use for gynecological disorders (such as painful menstruation or pelvic pain), recovery from childbirth or illness, and fatigue/low vitality. It is also given for strengthening xue (loosely translated as "the blood"), for cardiovascular conditions/high blood pressure, inflammation, headache, infections, and nerve pain.

**Dosage:** Take 1 vegi-capsule 3 times daily or as directed by a qualified health professional.

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### **Ingredients Explained**

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**Dong Quai Root** – Dong quai (*Angelica sinensis*), also known as Chinese Angelica, has been used for thousands of years in traditional Chinese, Korean, and Japanese medicine. Different parts of the dong quai root are believed to have different actions - the head of the root has anticoagulant activity, the main part of the root is a tonic, and the end of the root eliminates blood stagnation.

Dong Quai Uses:

- As a general tonic for the female reproductive system
- Promote hormonal harmony throughout the menstrual cycle
- Help with common premenstrual 'blues'
- Maintain estrogen and progesterone within normal levels
- Promote hormonal balance during the menopause and peri-menopause

Though dong quai does not actually contain steroids or hormone molecules, one of its constituents is coumarin. Coumarin is most widely known for its use in preventing blood clotting, but constituents related to it may have numerous actions. Coumarin compounds have an anti-inflammatory and antispasmodic effect, especially on the uterus.

Dong quai also contains ferulic acid, a pain reliever and muscle relaxer. Indeed, the herb is often used to treat painful menstrual cramps or other cases of uterine spasms. Oddly enough, several studies have shown that dong quai acts as a muscle relaxant overall, but before it relaxes the uterus, it stimulates the uterus briefly. The uterus is a muscle, and when dong quai stimulates it, its tone improves and it becomes tight and contracts more readily. In addition, ferulic acid also may relax the heart muscles, lower blood pressure, and calm cardiac arrhythmias (a variation in the normal rhythm of the heartbeat).

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### **Ordering Information**

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**Dong Quai Root (Item #3010) 100 Vegi-Capsules**

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

#### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.