













BENEFITS

- Helps keep female hormones in balance*
- Supports healthy circulation*
- Eases effects of menopause and menstruation*
- Concentrated for maximum results

Product Fact Sheet Dong Quai

THE QUEEN OF FEMALE HERBS

For thousands of years, Dong Quai has been used in China as a beneficial herb in tonics for the blood, especially for women. It's believed to contain nutrients that have a positive effect on the glands that produce female hormones.* Dong Quai has a long history of use by menopausal women to help decrease the symptoms and severity of hot flashes.* It helps alleviate the common symptoms of premenstrual syndrome (PMS), such as bloating, mild mood swings, and abdominal cramps.*

PHILOSOPHY OF REGENERATION®

Sunrider's Dong Quai dietary supplement is based on the Philosophy of Regeneration®—the belief that we should nourish and cleanse the body with expertly formulated, concentrated nutrition to reach balance and thus, optimal health. Dong Quai is highly concentrated to support hormonal balance, especially for women.*

INGREDIENT HIGHLIGHTS

DONG QUAIROOT (ANGELICA SINENSIS)

Dong quai has been called "female ginseng" because it's commonly used by women. This herb contains folic acid, nicotinic acid, and biotin and is widely used among Chinese women as a fortifying daily tonic. Dong quai is referred to as a "gynecological regulator," because it's believed to have the ability to support healthy estrogen levels.* This herb also contains coumarins, organic compounds that support circulation.

FAQS

- **Q:** Can men benefit from Dong Quai?
- A: Yes. Dong Quai is high in vitamin B12, which can help support red blood cells.

RECOMMENDATION

Take two capsules at mealtime.

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