

# Astragalus

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ASTRAGALUS - ASTRAGALUS MEMBRANACEUS (PDF Version - 52 KB) This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient. Notes Text in parentheses is additional optional information which can be included on label at the applicant's discretion. The solidus (/) indicates that the terms and/or statements are synonymous. Either term or statement may be selected by the applicant on the label. Date May 30, 2025 Proper name(s), Common name(s), Source information Table 1. Proper name(s), Common name(s), Source information Proper name(s) Common name(s) Source information Source material(s) Part(s) Preparation(s) Astragalus membranaceus Astragalus Huangqi Huang qi Membranaceus milk vetch Membranous milk-vetch Milk vetch root Mo jia huang qi Astragalus membranaceus Root Dry References: Proper name: USDA 2024; Common names: PPRC 2020; Gardner and McGuffin 2013; HKCMM 2008; Bensky et al. 2004; Source information: PPRC 2020; Bensky et al. 2004; Hoffman 2003. Route of administration Oral Dosage form(s) This monograph excludes foods or food-like dosage forms such as indicated in the Compendium of Monographs Guidance Document. Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications. Use(s) or Purpose(s) Used in Traditional Chinese Medicine (TCM) to tonify the spleen and lungs in cases of qi deficiency with a lack of appetite, fatigue, and diarrhea (PPRC 2020; Bensky et al. 2004). Used in Traditional Chinese Medicine (TCM) to augment the protective qi and stabilize the exterior in cases of deficiency with spontaneous sweating (PPRC 2020; Bensky et al. 2004). Used in Herbal Medicine to help maintain a healthy immune system (Winston and Kuhn 2008; Mills and Bone 2005; Hoffman 2003; Upton 1999). Used in Herbal Medicine as an adaptogen to help increase energy and resistance to stress over time (e.g. in case of mental and physical fatigue related to stress) (Winston and Maimes 2007; Bone 2003). Notes The above uses can be combined on the product label if from the same traditional or non-traditional system of medicine (e.g., Used in Herbal Medicine to help maintain a healthy immune system and as an adaptogen to help increase energy and resistance to stress over time). For multi-ingredient products: To prevent the product from being represented as a "traditional medicine", any indicated traditional use claim must refer to the specific medicinal ingredient(s) and recognized traditional system of medicine from which the claim originates when 1) both traditional and modern claims are present or 2) when claims originate from multiple systems of traditional medicine (e.g., Astragalus is traditionally used in Traditional Chinese Medicine to augment the protective qi and stabilize the exterior in cases of deficiency with spontaneous sweating). When ALL of the medicinal ingredients (MIs) in the product are used within the SAME identified system of traditional medicine AND the product makes ONLY traditional claims, listing of MIs in the traditional claim(s) is not required. Dose(s) Subpopulation(s) Adults 18 years and older Quantity(ies) Traditional Chinese Medicine Methods of preparation: Dry, Powdered, Decoction, Decoction concentrate Note : Dried or powdered root should be prepared as a decoction (see direction for use). 9 - 30 grams dried root, per day (PPRC 2020; Bensky et al. 2004). Maintenance of healthy immune system Methods of preparation: Dry, Powdered, Non-Standardized Extracts (Dry extract\*, Tincture, Fluid extract, Decoction, Decoction concentrate, Infusion, Infusion concentrate) 2 - 4.8 grams dried root, per day (Mills and Bone 2005; Hoffman 2003). \*Note: Solvents allowed for the method of preparation "Non-Standardized Extracts (Dry extract" as part of this monograph are ethanol and/or water only. Adaptogen Methods of preparation: Dry, Powdered, Non-Standardized Ethanolic Extracts (Dry extract, Tincture, Fluid extract) 2 - 4.8 grams dried root, per day (Bone 2003; Hoffman 2003) Direction(s) for use Traditional Chinese Medicine Loose/Powder dosage forms Place the dried (powdered) roots in a pot and add enough water to submerge them. Boil for 20-25 minutes, strain and drink (Cao 1996). Duration(s) of use No statement required. Risk information Caution(s) and warning(s) All products Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have an autoimmune disorder (Brinker 2010; Upton 1999). Contraindication(s) Traditional Chinese Medicine Do not use if you have exterior excess, stagnation, yin deficiency or excess heat (Bensky et al. 2004; Chen and Chen 2004). Known adverse reaction(s) No statement required. Non-medicinal ingredients Must be chosen from the

current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database. Storage conditions Must be established in accordance with the requirements described in the Natural Health Products Regulations. Specifications The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID. **EXAMPLE OF PRODUCT FACTS:** Consult the Guidance Document, Labelling of Natural Health Products for more details. References cited Bensky D, Clavey, Stöger E, Gamble A. Chinese Herbal Medicine: Materia Medica. 3rd edition. Seattle (WA): Eastland Press, Incorporated; 2004. Brinker F. Herb Contraindications and Drug Interactions, 4th edition. Sandy (OR): Eclectic Medical Publications; 2010. Bone K. A clinical guide to blending liquid herbs: Herbal formulations for the individual patient. St. Louis (MI): Churchill Livingstone; 2003. Cao C. Chinese Drug Pharmaceuticals: Chinese Collegiate Textbooks for Medical Institutions of Higher Learning. Beijing (China): Shanghai Science and Technology Publisher (in Chinese); 1996. Chen JK, Chen TT. Chinese Medical Herbology and Pharmacology. Crampton L, editor. City of Industry (CA): Art of Medicine Press Inc.; 2004. Gardner Z, McGuffin M, editors. American Herbal Products Association's Botanical Safety Handbook. 2nd edition. Boca Ration (FL): Taylor and Francis Group; 2013 HKCMM 2008: Hong Kong Chinese Materia Medica Standards, Volume 1. Wanchai (HK): Chinese Medicine Division, Government of the Hong Kong Special Administrative Region, the People's Republic of China; 2008. Hoffmann D. Medical Herbalism: The Science and Practice of Herbal Medicine. Rochester (VT): Healing Arts Press; 2003. Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005. Peirce A. Practical Guide to Natural Medicines. New York (NY): The Stonesong Press, Inc.; 1999. PPRC 2020: Pharmacopoeia of the People's Republic of China, Volume 1, English edition. Beijing (CN): The State Pharmacopoeia Commission of the People's Republic of China.; 2020 Upton R, editor. American Herbal Pharmacopoeia and Therapeutic Compendium: Astragalus Root. Santa Cruz (CA): American Herbal Pharmacopoeia; 1999. USDA 2024: United States Department of Agriculture Agricultural Research Service (USDA ARS), Germplasm Resources Information Network (GRIN) - Global. U.S. National Plant Germplasm System. [Accessed 2024 May 14]. Available from: <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomysearch> Winston D, Kuhn MA. Winston and Kuhn's Herbal Therapy and Supplements: A Scientific and Traditional Approach, 2nd edition. Philadelphia (PA): Lippincott Williams and Wilkins; 2008. Winston D, Maimes S. Adaptogens: Herbs for strength, stamina and stress relief. Rochester (VT): Healing Arts Press; 2007. References reviewed Peirce A. Practical Guide to Natural Medicines. New York (NY): The Stonesong Press, Inc; 1999. Report a problem on this page Date modified: 2019-03-01

## **DOSAGE FORM(S)**

Acceptable dosage forms for oral use are indicated in the dosage form drop-down list of the web-based Product Licence Application form for Compendial applications.

## **RISK INFORMATION**

Caution(s) and warning(s) All products Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you are pregnant or breastfeeding. Ask a health care practitioner/health care provider/health care professional/doctor/physician before use if you have an autoimmune disorder (Brinker 2010; Upton 1999). Contraindication(s) Traditional Chinese Medicine Do not use if you have exterior excess, stagnation, yin deficiency or excess heat (Bensky et al. 2004; Chen and Chen 2004). Known adverse reaction(s) No statement required.

## **NON-MEDICINAL INGREDIENTS**

Must be chosen from the current Natural Health Products Ingredients Database (NHPID) and must meet the limitations outlined in the database.

STORAGE CONDITION(S)

Must be established in accordance with the requirements described in the Natural Health Products Regulations.

SPECIFICATIONS

The finished product specifications must be established in accordance with the requirements described in the Natural and Non-prescription Health Products Directorate (NNHPD) Quality of Natural Health Products Guide. The medicinal ingredient must comply with the requirements outlined in the NHPID.

Proper name(s)	Common name(s)	Source information		
Source material(s)	Part(s)	Preparation(s)		
Astragalus membranaceus	AstragalusHuangqiHuang qiMembranaceus	Astragalus membranaceus milk-vetchMilk vetchRoot		Dry