



## ASTRAGALUS ROOT

**Botanical Name:** Astragalus membranaceus

**Common Name:** Milkvetch, locoweed, goat's-thorn, huang qi

**Medicinal part:** Roots

**Description:** Traditionally used to strengthen inner Chi (Qi) and the immune system, astragalus root has been used in ancient Chinese medicine for centuries. Due to the root's slightly sweet-tasting and warming effects, it has been historically added to soups and teas along with other herbs, such as: ginseng, angelica, and licorice.



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