



FO TI TIENG ROOT

Botanical Name: Polygonium multiflorum, (Ho Shou Wu)

Common Name: Fleeceflower, zhi he shou wu

Medicinal part: Root

Description: In Traditional Chinese Medicine, Fo-Ti is one of the herbs used to nourish the heart and calm the spirit. It has red stems, heart shaped leaves and either white or pink flowers. The literal English translation of its name is "vine to pass through the night."



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