



Astragalus Root

Nature's immunity booster and vitality enhancer

Overall Effectiveness: 8/10 Impact on Mitochondria: 7/10

Supplement Essentials	Usage Guidelines	Insights
<p>Benefits:</p> <ul style="list-style-type: none"> • Boosts immune function and helps the body resist infections. • Acts as an adaptogen to reduce stress and fatigue. • Supports cardiovascular health and improves circulation. • Promotes kidney health and protects against oxidative damage. • Anti-aging properties due to its effect on telomere length. <p>Recommended Dose:</p> <ul style="list-style-type: none"> • Adults: 500–1,000 mg daily, divided into 1-2 doses. <p>Upper Limit:</p> <ul style="list-style-type: none"> • No officially established upper limit; doses above 2,000 mg daily may cause adverse effects. <p>Parts of the Human Anatomy That Benefit:</p> <ul style="list-style-type: none"> • Immune system • Cardiovascular system • Kidneys • Skin and cellular health. 	<p>Time of Day to Take:</p> <ul style="list-style-type: none"> • Morning or early afternoon. <p>With or Without Food:</p> <ul style="list-style-type: none"> • Best taken with food to avoid stomach upset. <p>Solubility:</p> <ul style="list-style-type: none"> • Water-soluble; often prepared as teas or capsules. <p>Bioavailability:</p> <ul style="list-style-type: none"> • High when used as a liquid extract or tea; moderate for capsules and powders. <p>Interactions & Contraindications:</p> <ul style="list-style-type: none"> • May interact with immunosuppressive drugs. • Avoid if pregnant, breastfeeding, or with autoimmune disorders unless advised by a doctor. 	<p>Target Audience:</p> <ul style="list-style-type: none"> • Individuals seeking immune support, stress relief, and energy enhancement. • Older adults interested in anti-aging benefits. • Those recovering from illness or frequent colds. <p>Side Effects:</p> <ul style="list-style-type: none"> • Rare but may include gastrointestinal discomfort or allergic reactions. <p>Duration of Use:</p> <ul style="list-style-type: none"> • Suitable for long-term use, but periodic breaks are recommended. <p>Availability:</p> <ul style="list-style-type: none"> • Widely available in health stores and online. <p>Flavor or Texture:</p> <ul style="list-style-type: none"> • Earthy, slightly sweet flavor when taken as tea.
<p>Scientific Evidence:</p> <ul style="list-style-type: none"> • Studies suggest astragalus root enhances immune response and reduces oxidative stress. <p>Sustainability and Ethics:</p> <ul style="list-style-type: none"> • Often organically grown and sustainably harvested. <p>Recent Research and Trends:</p> <ul style="list-style-type: none"> • Popular in formulations for skin health and anti-aging due to its telomerase activity. 		

Disclaimer: Always consult a healthcare provider before starting any new supplement. For more information, visit reputable [supplement resources](#).