Shatavari (Asparagus racemosus) Tincture by Nutritional Frontiers

Shatavari (or, Asparagus racemosus) is also called satavari, ekalkanto, and satmuli. This herb has a history of many uses in Ayurvedic medicine, especially in women and children. As a galactagogue, shatavari stimulates the milk supply of a lactating mother. Shatavari has been utilized historically and currently in both India and Western countries to great effect in boosting new mothers’ milk supplies. This herb is also regarded in Southeast Asia as an effective remedy for improving appetite and providing nourishment in children.

Additionally shatavari is known for improving indigestion, dyspepsia from stomach ulcers, and gastric emptying. Some animal studies show that shatavari may help reduce excessive stomach acid and protect the stomach mucosa as well as provide antioxidant protection.

In India, Shatavari has been added to adaptogenic herbal formulas comparable to ginseng in its ability to modulate the biological, behavioral, and chemical response to stress.

Shatavari may also modulate the immune system, exhibiting stimulatory effects on macrophage function and promoting recovery of immune function after toxic exposure.

Modern research suggests that shatavari possesses some anti-cancer properties! In vitro and animal studies demonstrate reduced tumor growth in models of breast, kidney, and colon adenocarcinoma cell cancer lines.

Suggested Use: 2 droppersful may be taken twice a day. Can take with tea or water, or simply place under the tongue.

Warning: Not to be used while pregnant. If you are taking any medications, please consult your health care practitioner before taking this or any herbal product. Not to be used with domperidone or other galactagogic medications unless under the direct supervision of a healthcare practitioner or lactation consultant. Use caution if taking diuretic medications. Contraindicated for use in people with hormone-sensitive cancers.


