

CODE 4675

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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

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herbal products in health food stores nationwide.

SUGGESTED USAGE: As an herbal dietary supplement, take 2 capsules 2 to 3 times daily.

Fo-Ti (*Polygonum multiflorum*), also called Ho-shou-wu, is a woody perennial native to China. Deeply imbedded in traditional Chinese medicine, this plant and its roots are still used today for various maladies. Ho-shou-wu is purported to be the name of a Tang dynasty man who was healed by the herbs' nutritional properties, which may be attributed to its high glycoside content. Look for this and other fine NOW® herbal products in health food stores nationwide.



Fo-Ti

HERBAL SUPPLEMENT

Ho Shou Wu

560 mg

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

	Amount Per Serving	% Daily Value
Total Carbohydrate	810 mg	<1%*
Dietary Fiber	530 mg	2%*
Fo-Ti Powder	1.12 g (1120 mg)	†
(Polygonum multiflorum) (root)		

* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate. Contains no sugar, salt, yeast, wheat, gluten, soy, corn, milk or preservatives.