

Mexican Wild Yam 10:1

DESCRIPTION

Mexican Wild Yam 10:1, provided by Douglas Laboratories, supplies 100 mg of Mexican wild yam per each capsule.

FUNCTIONS

Wild yam is a traditional food native to North and South America as well as Asia. It has been used to support healthy liver and cardiovascular function as well as healthy sexual function in women.

INDICATIONS

Mexican Wild Yam 10:1 may be a useful dietary adjunct for individuals wishing to supplement with this herb.

FORMULA (#7386)

1 Capsule Contains:

Mexican Wild Yam powder 100 mg
(10:1)

SUGGESTED USE

Adults take 1 capsule 2-3 times daily with meals or as directed by physician.

SIDE EFFECTS

No adverse side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

- Accatino L, Pizarro M, Solis N, Koenig CS. Effects of diosgenin, a plant-derived steroid, on bile secretion and hepatocellular cholestasis induced by estrogens in the rat. *Hepatology* 1998;28:129-40.
- Araghiniknam M, Chung S, Nelson-White T, et al. Antioxidant activity of dioscorea and dehydroepiandrosterone (DHEA) in older humans. *Life Sci* 1996. 11:147-57.
- Wu WH, Liu LY, Chung CJ, et al. Estrogenic effect of yam ingestion in healthy postmenopausal women. *J Am Coll Nutr* 2005;24:235-43.
- Yamada T, Hoshino M, Hayakawa T, et al. Dietary diosgenin attenuates subacute intestinal inflammation associated with indomethacin in rats. *Am J Physiol* 1997;273:G355-64.

**These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.**

**Manufactured by
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