

Product Information

Shatavari (Safed)

Shatavari (Safed) is a perennial herbaceous plant native to India, Nepal, and Sri Lanka, with slender climbing stems, feathery green leaves, and small white flowers developing into berry-like fruits. Revered in Ayurvedic medicine as a female tonic, its roots support reproductive health and hormonal balance. Its adaptogenic properties help the body cope with stress and promote overall well-being.



Asparagus racemosus

Indian Asparagus, Wild Asparagus

Active Ingredients

Dry Powder Extract

Active: 30% Saponins
Ratio: 5:1

Soft Paste Extract

Active: 20% Saponins
Ratio: 4:1

Part Used: Root



Medicinal Uses

Asparagus racemosus (Shatavari (Safed)) is traditionally used in Ayurveda for its medicinal properties. It increases lactation in nursing mothers, rejuvenates the immune system, and soothes gastrointestinal irritations. Shatavari helps mental health through reducing stress and anxiety. In addition, it nourishes the skin and hair by keeping them well-hydrated and young looking. Rejuvenating properties build up one's vitality in general, as well as one's balanced lifestyle.

Purity: 100%
Shelf Life: 36 Months
Size: 1kg, 5kg, 25kg
Country of Origin: India

Your Trusted Source For
Premium Botanical Extracts,
For Over **25+ years**

LET'S CONNECT

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Rooted in Nature, Backed by Science