



Astragalus

Revised: December 3, 2018.

Drug Levels and Effects

Summary of Use during Lactation

Astragalus (*Astragalus membranaceus*) root contains numerous saponins and isoflavones. Astragalus is a purported galactagogue;[1] however, no scientifically valid clinical trials support this use. Galactagogues should never replace evaluation and counseling on modifiable factors that affect milk production.[2] No data exist on the excretion of any components of Astragalus into breastmilk or on the safety and efficacy of Astragalus in nursing mothers or infants. Astragalus is generally well tolerated, with mild gastrointestinal irritation and allergic reactions reported.

Dietary supplements do not require extensive pre-marketing approval from the U.S. Food and Drug Administration. Manufacturers are responsible to ensure the safety, but do not need to *prove* the safety and effectiveness of dietary supplements before they are marketed. Dietary supplements may contain multiple ingredients, and differences are often found between labeled and actual ingredients or their amounts. A manufacturer may contract with an independent organization to verify the quality of a product or its ingredients, but that does *not* certify the safety or effectiveness of a product. Because of the above issues, clinical testing results on one product may not be applicable to other products. More detailed information [about dietary supplements](#) is available elsewhere on the LactMed Web site.

Drug Levels

Maternal Levels. Relevant published information was not found as of the revision date.

Infant Levels. Relevant published information was not found as of the revision date.

Effects in Breastfed Infants

Relevant published information was not found as of the revision date.

Effects on Lactation and Breastmilk

Relevant published information was not found as of the revision date.

References

1. Scott CR, Jacobson H. A selection of international nutritional and herbal remedies for breastfeeding concerns. *Midwifery Today Int Midwife*. 2005;75:38-9. PubMed PMID: 16320878.
2. Brodribb W. ABM Clinical Protocol #9: Use of galactogogues in initiating or augmenting maternal milk production, second revision 2018. *Breastfeed Med*. 2018;13:307-14. PubMed PMID: 29902083.

Substance Identification

Substance Name

Astragalus

Scientific Name

Astragalus membranaceus

Drug Class

Breast Feeding

Lactation

Complementary Therapies

Galactogogues

Phytotherapy

Plants, Medicinal

