

Epimedium Species

treat yin/yang and qi deficiency states with no clear outcome parameters. Nevertheless these studies indicate that *Epimedium* herb may have biological activities that can affect cell function and therefore health status. However, the effective doses, pharmacokinetics, and cellular mechanisms have not yet been proven by science or substantiated through long-term clinical research. Owing to the limited data, no firm conclusions can be made at this time. It is critical to determine exactly which mechanisms operate in which circumstances and how these components work in view of the widespread use of this herb.

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