

3RD EDITION

# TREASURED FORMULAS

Practitioner Handbook

FORMULAS, INGREDIENTS  
& PATTERNS FOR PRACTITIONER



**Dr. Ann Wang**



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### WHEN SHOULD HERBS BE TAKEN?

Generally, herbs should be taken on an empty stomach, either half an hour before or one hour after a meal. Some herbs should be taken at specific times. For example, tonic herbs should be taken before a meal, cleansing herbs should be taken on an empty stomach, herbs related to sleep should be taken at bed time. Any herbs that cause heartburn or stomach upset should be taken after a meal.

### HOW TO MAKE DECOCTED CHINESE HERBS MORE PALATABLE:

Suggestions for how you can make herbs more palatable:

- Mix herbs with a small amount of hot water, so that the resulting decoction can be consumed quickly.
- Consume herbal extracts dry, immediately followed by plenty of warm water (as is popular in Taiwan).
- Add a natural sweetener such as honey or stevia extract.
- Mix herbs with apple sauce or other foods.



## ANCHOR AND CALM THE SPIRIT

### Zhen Xin An Shen Tang (Z025)

镇心安神汤

**Formula Principles:** Calms the Liver, Heart, and mind, suppresses the Yang, promotes quality of sleep

#### Ingredients:

Long Gu (Sheng) - Dragon's Bone  
 Mu Li (Sheng) - Oyster Shell  
 Fu Shen - Poria Mushroom with Hostwood  
 Dan Shen - Salvia Root  
 Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
 He Huan Pi - Silk Tree Bark  
 Shou Wu Teng - Flowery Knotweed Stem

#### TCM Pattern:

- Trouble falling asleep caused by deficiency of Qi and Blood
- Emotional disturbance
- Stagnation of Qi
- Yin and Yang discord with restlessness
- Easily awoken or waking up early
- Waking up and unable to fall asleep again or sleepless all night

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

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## CALM THE SPIRIT

### An Shen Ding Zhi Wan (A004)

安神定志丸

**Formula Principles:** Calms the Shen and the mind, Strengthens Qi, Alleviates fearfulness

#### Ingredients:

Fu Ling - Poria  
 Fu Shen - Poria Mushroom with Hostwood  
 Long Chi - Dragon's Teeth  
 Bai Shen - Ginseng Root  
 Shi Chang Pu - Acorus Root  
 Yuan Zhi (Zhi) - Polygala Root (Processed)

#### TCM Pattern:

- Heart and gallbladder
- Qi deficiency due to metal stress, shock or startle

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Chai Hu Jia Long Gu Mu Li Tang (C013)

柴胡加龙骨牡蛎汤

**Formula Principles:** Sedates and calms the Spirit, Harmonizes the Shao Yang, Unblocks the three Yang Stages, Relieves the chest and subcardiac regions

#### Ingredients:

Chai Hu - Bupleurum Root  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Fu Ling - Poria  
 Gui Zhi - Cinnamon Twig  
 Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Da Zao - Jujube Fruit  
 Sheng Jiang - Ginger  
 Bai Shen - Ginseng Root  
 Long Gu (Sheng) - Dragon's Bone  
 Mu Li (Sheng) - Oyster Shell  
 Da Huang - Rhubarb

#### TCM Pattern:

- Restless Heart
- Prevents pathogen enters Yang Ming or Shao Yang
- Shao Yang Fu with underlying Liver Qi Stagnation
- Disorders due to flight
- Phlegm in the Liver and Gallbladder

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## CALM THE SPIRIT (CONTINUED)

### Gan Mai Da Zao Tang (G012)

甘麦大枣汤

**Formula Principles:** Nourishes the Heart, Calms the Shen, Harmonizes the Middle Jiao, Relaxes tension, Tonifies Spleen Qi

**Ingredients:**

Gan Cao - Licorice Root  
Xiao Mai (Huai) - Wheat Fruit  
Da Zao - Jujube Fruit

**TCM Pattern:**

- Heart Blood Deficiency with Liver Qi Stagnation
- Mood disturbance from Heart disharmony
- Restless Organ Syndrome

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Suan Zao Ren Tang (S190)

酸枣仁汤

**Formula Principles:** Nourishes Liver Blood, nourishes the Heart, calms the Shen, clears Heat in the Liver and Heart, eliminates irritability

**Ingredients:**

Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
Chuan Xiong - Chuanxiong Rhizome  
Fu Ling - Poria  
Zhi Mu - Anemarrhena Rhizome  
Gan Cao - Licorice Root

**TCM Pattern:**

- Restless sleep due to Heart and Liver Blood deficiency
- Stress due to Liver Yin deficiency with empty Fire disturbing the Heart
- Anxiousness due to Liver Blood deficiency with deficiency Heat rising

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Tian Wang Bu Xin Dan (T025)

天王补心丹

**Formula Principles:** Enriches Yin and clears Heat, nourishes Blood and calms the mind, tonifies the Heart and kidneys, clears Heat

**Ingredients:**

Sheng Di Huang - Rehmannia  
Xuan Shen - Scrophularia Root  
Dan Shen - Salvia Root  
Dang Gui - Chinese Angelica Root  
Dang Shen - Codonopsis Root  
Fu Ling - Poria  
Gan Cao - Licorice Root  
Bai Zi Ren - Aborvitae Seed  
Shi Chang Pu - Acorus Root  
Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
Yuan Zhi (Zhi) - Polygala Root (Processed)  
Tian Dong - Asparagus Root  
Mai Dong - Ophiopogon Root  
Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
Jie Geng - Platycodon Root

**TCM Pattern:**

- Deficiency of Yin and insufficiency of Blood have led to the disturbance of the mind
- Stress due to Heart Yin and Blood deficiency
- Restless sleep due to Fire flaring

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### DID YOU KNOW?

**Tian Wang Bu Xin Dan** is sourced from the 2020 edition of the Chinese Pharmacopoeia, an official compilation of both Traditional Chinese and Western medicines which provides valuable information like purity standards, precautions, storage, and dosage for each medicine. Other popular formulas from the Pharmacopoeia include Jiao Wei Xiao Yao San, Gui Pi Tang, Liu Wei Di Huang Wan, and many more!



## CLEAR HEAT

### Huang Lian Jie Du Tang (H030)

黄连解毒汤

**Formula Principles:** Clears Heat, Drains Fire, Relieves toxicity, Relieves bleeding, Purges Damp-Heat

**Ingredients:**

Huang Lian - Coptis Rhizome  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Huang Bo (Chuan) - Phellodendron Bark  
Zhi Zi (Jiao) - Gardenia Fruit (Processed)

**TCM Pattern:**

- Fire Toxin pervades both the Exterior and Interior

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Ge Gen Qin Lian Tang (G025)

葛根芩连汤

**Formula Principles:** Releases the Exterior, Relieves diarrhea, Clears internal Heat

**Ingredients:**

Ge Gen - Pueraria Root  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Huang Lian - Coptis Rhizome  
Gan Cao - Licorice Root

**TCM Pattern:**

- Lower Jiao Damp Heat with lingering Exterior symptoms
- Diarrhea with Wind and Heat Invasion

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily



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### Qing Wei San (Q050)

清胃散

**Formula Principles:** Drains Stomach Fire and cools the Blood, nourishes Yin

**Ingredients:**

Sheng Di Huang - Rehmannia  
Dang Gui - Chinese Angelica Root  
Mu Dan Pi - Moutan Bark  
Huang Lian - Coptis Rhizome  
Sheng Ma - Cimicifuga Rhizome

**TCM Pattern:**

- Stomach Fire blazing, Stomach Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Long Dan Xie Gan Tang (L070)

龙胆泻肝汤

**Formula Principles:** Drains Excess Fire from the Liver and Gallbladder, Clears and Drains Damp-Heat from the Lower Jiao, Clears Damp-Heat from the San Jiao

**Ingredients:**

Long Dan Cao - Gentian Root  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Zhi Zi (Jiao) - Gardenia Fruit (Processed)  
Ze Xie - Alisma Rhizome  
Che Qian Zi (Yan Zhi) - Plantain Seed (Processed)  
Dang Gui - Chinese Angelica Root  
Sheng Di Huang - Rehmannia  
Chai Hu - Bupleurum Root  
Gan Cao - Licorice Root

**TCM Pattern:**

- Liver Fire Flaring Up
- Damp Heat in the Liver and Gallbladder
- Damp Heat in the Liver Channel
- San Jiao Damp Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## CLEAR HEAT (CONTINUED)

### Pu Ji Xiao Du Yin (P015)

普济消毒饮

**Formula Principles:** Clears Heat, Eliminates Fire toxin, Disperses Wind-Heat.

**Ingredients:**

Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Huang Lian - Coptis Rhizome  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Gan Cao - Licorice Root  
 Xuan Shen - Scrophularia Root  
 Chai Hu - Bupleurum Root  
 Jie Geng - Platycodon Root  
 Lian Qiao - Forsythia Fruit  
 Ban Lan Gen - Isatis Root  
 Niu Bang Zi (Chao) - Burdock Seed (Processed)  
 Bo He - Mint Herb  
 Jiang Can (Chao) - Silkworm (Processed)  
 Sheng Ma - Cimicifuga Rhizome

**TCM Pattern:**

- Acute fever due to Wind-Heat toxins or seasonal epidemic toxins associated with Heat and damp toxins

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Yu Nu Jian (Y095)

玉女煎

**Formula Principles:** Clears Stomach Heat and nourishes kidney Yin

**Ingredients:**

Shi Gao - Gypsum  
 Shu Di Huang - Rehmannia Root (Processed)  
 Mai Dong - Ophiopogon Root  
 Zhi Mu - Anemarrhena Rhizome  
 Chuan Niu Xi - Cyathula Root

**TCM Pattern:**

- Stomach Heat with Yin deficiency due to Stomach Fire injuring the kidney Yin

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Yin Qiao Jie Du Wan (Y070)

银翘解毒丸

**Formula Principles:** Disperses Wind-Heat, cools Heat, relieves toxicity, relieves external symptoms with herbs, pungent in flavor and cool in property, clearing away Heat and toxins

**Ingredients:**

Jin Yin Hua - Honeysuckle Flower  
 Niu Bang Zi (Chao) - Burdock Seed (Processed)  
 Lian Qiao - Forsythia Fruit  
 Jie Geng - Platycodon Root  
 Bo He - Mint Herb  
 Zhe Ye (Dan) - Lophatherum Herb  
 Jing Jie - Schizonepeta Herb  
 Gan Cao - Licorice Root  
 Dan Dou Chi - Fermented Soybean

**TCM Pattern:**

- Wind-Heat attacks on the Lungs
- Wen Bing due to Wind-Heat attacks
- Wei Stage, Wind-Heat pathogen toxin, frontline use

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Zuo Jin Wan (Z120)

左金丸

**Formula Principles:** Clears Liver Heat, Directs Rebellious Qi downward, Stops vomiting

**Ingredients:**

Huang Lian - Coptis Rhizome  
 Wu Zhu Yu (Zhi) - Evodia Fruit (Processed)

**TCM Pattern:**

- Liver Qi Stagnation
- Liver Qi Invades the Stomach (with Heat)
- Heat in the Liver Channel with Stomach Disharmony
- Excess Fire in the Liver Channel with Heat in the Stomach

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## CLEAR HEAT (CONTINUED)

### Chuan Xin Lian (C026-C)

穿心莲

**Herb Principles:** Clears Heat and toxin

**Ingredients:**

Chuan Xin Lian - Andrographis Herb

**TCM Pattern:**

- Excess Heat with swollen glands, fever and sore throat

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Qing Dai (Q047-C)

青黛

**Formula Principles:** Clears gut Heat, resolves Fire toxicity, cools the Blood, disperses Stagnation, reduces inflammation, drains Liver Fire, dispels Summer Heat, extinguishes Wind to stop tremors, clears Liver Fire, drains Lung Heat and cools the Blood

**Ingredients:**

Qing Dai - Indigo

**TCM Pattern:**

- Internal inflammation especially in the gut
- Topical inflammation, bleeding, tremors or cough due to blazing Heat, Blood Heat or Liver and Lung fire

**Capsule Dosage:** 3 capsules, 2 times daily

柴胡  
(根)

疏肝理氣，解鬱散結，飲食積聚，  
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## DRY DAMPNESS

### Ba Zheng San (B015)

八正散

**Formula Principles:** Clears Heat, Purges Fire, Promotes urination, Helps relieve urinary pain

**Ingredients:**

Che Qian Zi (Yan Zhi) - Plantain Seed (Processed)

Qu Mai - Dianthus Herb

Bian Xu - Knotweed Herb

Hua Shi - Talcum

Zhi Zi (Jiao) - Gardenia Fruit (Processed)

Gan Cao (Mi) - Licorice Root (Processed)

Tong Cao - Stachyurus or Japanese Helwingia Pith

Da Huang (Shou) - Rhubarb (Processed)

**TCM Pattern:**

- Bladder Damp-Heat
- Stone *Lin*
- Blood *Lin*
- Heat in Heart Channel Transferring to the Small Intestine Channel

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Wu Ling San (W045)

五苓散

**Formula Principles:** Promotes urination, percolates Dampness, warms Yang and promotes Qi, strengthens the Spleen, disperses water accumulation, promotes the transforming functions of Qi

**Ingredients:**

Zhu Ling - Polyporus Mushroom

Ze Xie - Alisma Rhizome

Bai Zhu - White Atractylodes Rhizome

Fu Ling - Poria

Gui Zhi - Cinnamon Twig

**TCM Pattern:**

- Water amassment syndrome due to dysfunction of bladder Qi transformation, Spleen deficiency edema, lower Jiao retention of water

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## DRY DAMPNESS (CONTINUED)

### Bi Tong Ling (B072)

痹通灵

**Formula Principles:** Removes Wind-Dampness, Disperses Cold, Eliminates Painful Obstruction, Circulates Qi and Blood in the joints

**Ingredients:**

Yi Ren - Coix Seed  
 Chuan Niu Xi - Cyathula Root  
 Cang Zhu (Fu Chao) - Atractylodes Rhizome (Processed)  
 Gan Cao - Licorice Root  
 Mu Gua - Chaenomeles Fruit  
 Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
 Fang Ji (Fen) - Fourstamen Stephania Root  
 Dang Gui - Chinese Angelica Root  
 Qin Jiao - Largeleaf Gentian Root  
 Wu Yao - Linderia Root  
 Su Geng - Perilla Stem  
 Gui Zhi - Cinnamon Twig  
 Di Long - Earthworm  
 Hong Hua - Carthamus Flower  
 Tao Ren (Dan) - Peach Kernel (Processed)  
 Mo Yao (Chao) - Myrrh (Processed)  
 Ru Xiang (Zhi) - Frankincense (Processed)  
 Qiang Huo - Notopterygium Rhizome and Root

**TCM Pattern:**

- Wind-Cold-Damp Bi
- Painful joints due to Qi and Blood Stagnation

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily



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### Du Huo Ji Sheng Tang (D100)

独活寄生汤

**Formula Principles:** Disperses Wind-Dampness, Scatters Cold, Stops Bi pain, Tonifies the Kidneys and Liver, Tonifies Qi, Nourishes the Blood

**Ingredients:**

Du Huo - Pubescent Angelica Root  
 Sang Ji Sheng - Mistletoe Herb  
 Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
 Niu Xi (Huai) - Achyranthes Root  
 Qin Jiao - Largeleaf Gentian Root  
 Fu Ling - Poria  
 Rou Gui - Cassia Bark  
 Fang Feng - Saposhnikovia Root  
 Chuan Xiong - Chuanxiong Root  
 Bai Shen - Ginseng Root  
 Gan Cao - Licorice Root  
 Dang Gui - Chinese Angelica Root  
 Bai Shao - White Peony Root  
 Sheng Di Huang - Rehmannia

**TCM Pattern:**

- Bi Syndrome with Kidney and Liver Deficiency, and Bi Syndrome with Qi and Blood Deficiency
- Invasion of the muscles and bones by Wind-Cold-Damp
- Atrophy disorder

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Ping Wei San (P010)

平胃散

**Formula Principles:** Dries Dampness and activates the Spleen, moves Qi, harmonizes the Stomach, strengthens the Spleen's transporting function

**Ingredients:**

Cang Zhu (Fu Chao) - Atractylodes Rhizome (Processed)  
 Hou Po (Jiang Zhi) - Official Magnolia Bark (Processed)  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Cold-Damp distress on the Spleen disturbs the Lungs, Damp stagnation in the Spleen and Stomach

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## DRY DAMPNESS (CONTINUED)

### Huo Xiang Zheng Qi San (H060)

藿香正气散

**Formula Principles:** Releases the Exterior and resolves turbid dampness, Activates the Qi and harmonizes the Middle Jiao, Eliminate plague pathogen

**Ingredients:**

Da Fu Pi - Areca Husk  
 Bai Zhi - Dahurian Angelica Root  
 Zi Su Ye - Perilla Leaf  
 Fu Ling - Poria  
 Ban Xia (Jiang) - Pinella Rhizome (Ginger Processed)  
 Bai Zhu - White Atractylodes Rhizome  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Hou Po (Jiang Zhi) - Official Magnolia Bark (Processed)  
 Jie Geng - Platycodon Root  
 Huo Xiang (Guang) - Patchouli Herb  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Exogenous Wind Cold with Spleen and Stomach Deficiency
- Summer Heat with Cold complications
- Cold-Damp in the Upper Jiao

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Fang Ji Huang Qi Tang (F010)

防己黄芪汤

**Formula Principles:** Augments Qi, Strengthens the Spleen, Releases the Exterior, Promotes urination, Reduces water retention, Regulates water circulation

**Ingredients:**

Fang Ji (Fen) - Fourstamen Stephania Root  
 Huang Qi - Astragalus Root  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Bai Zhu - White Atractylodes Rhizome  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Wind Damp Water Retention
- Wind Damp Bi
- Wind Damp Accumulation with Wei Qi Deficiency
- Lung and Spleen Qi Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Ji Sheng Shen Qi Wan (J010)

济生肾气丸

**Formula Principles:** Warms Yang, Tonifies the Kidneys, Aids water transformation, Reduces water retention

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Mu Dan Pi - Moutan Bark  
 Rou Gui - Cassia Bark  
 Chuan Niu Xi - Cyathula Root  
 Che Qian Zi (Yan Zhi) - Plantain Seed (Processed)

**TCM Pattern:**

- Kidney Yang Deficiency with Water Retention
- Lung and Kidney Qi Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Juan Bi Tang (J117)

蠲痹汤

**Formula Principles:** Removes Wind-Dampness, Disperses Cold, Eliminates Joint Painful Obstruction, Circulates Qi and Blood, Relieves pain

**Ingredients:**

Huang Qi (Mi) - Astragalus Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Chi Shao - Red Peony Root  
 Qiang Huo - Notopterygium Rhizome and Root  
 Fang Feng - Saposhnikovia Root  
 Pian Jiang Huang - Wenyujin Concise Rhizome  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Sheng Jiang - Ginger

**TCM Pattern:**

- Wind-Cold-Damp Bi
- Muscular atrophy due to Qi and Blood Stagnation
- Joint Painful Obstruction due to Qi and Blood Stagnation

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## EXTINGUISH WIND

### Dang Gui Yin Zi (D065)

当归饮子

**Formula Principles:** Nourishes the Blood, moistens dryness, clears Heat, dispels Wind, relieves itching

**Ingredients:**

Dang Gui - Chinese Angelica Root  
 Shu Di Huang - Rehmannia Root (Processed)  
 Bai Shao - White Peony Root  
 Chuan Xiong - Chuanxiong Rhizome  
 He Shou Wu (Zhi) - Flowery Knotweed Root (Processed)  
 Huang Qi - Astragalus Root  
 Jing Jie - Schizonepeta Herb  
 Bai Ji Li (Chao) - Tribulus Fruit (Processed)  
 Gan Cao - Licorice Root

**TCM Pattern:**

- Skin disorders due to Blood Deficiency with External Wind

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Xiao Feng San (X067)

消风散

**Formula Principles:** Scatters Wind and eliminates Dampness, clears Heat and nourishes the Blood, cools the Blood, nourishes the Blood, relieves itch

**Ingredients:**

Cang Zhu (Fu Chao) - Atractylodes Rhizome (Processed)  
 Chan Tui - Cicada Slough  
 Dang Gui - Chinese Angelica Root  
 Fang Feng - Saposhnikovia Root  
 Gan Cao - Licorice Root  
 Jing Jie - Schizonepeta Herb  
 Ku Shen - Sophora Root  
 Niu Bang Zi (Chao) - Burdock Seed (Processed)  
 Sheng Di Huang - Rehmannia  
 Shi Gao - Gypsum  
 Zhi Mu - Anemarrhena Rhizome  
 Zhu Ye (Dan) - Lophatherum Herb

**TCM Pattern:**

- Damp-Heat injures the Spleen
- Skin rashes due to Wind-Damp

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Xin Yi San (X125)

辛夷散

**Formula Principles:** Expels Wind-cold, unblocks the nasal passages

**Ingredients:**

Xin Yi - Magnolia Flower  
 Gao Ben - Chinese Lovage Rhizome  
 Sheng Ma - Cimicifuga Rhizome  
 Chuan Xiong - Chuanxiong Rhizome  
 Ze Xie - Alisma Rhizome  
 Fang Feng - Saposhnikovia Root  
 Qiang Huo - Notopterygium Rhizome and Root  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Bai Zhi - Dahurian Angelica Root

**TCM Pattern:**

- Wind-cold with sinus congestion

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Zhen Gan Xi Feng Tang (Z007)

镇肝熄风汤

**Formula Principles:** Tranquilizes the Liver and extinguishes Wind, enriches Yin and subdues Yang, sedates the Liver, extinguishes Wind

**Ingredients:**

Niu Xi (Huai) - Achyranthes Root  
 Dai Zhe Shi (Duan) - Hematite (Processed)  
 Long Gu (Sheng) - Dragon's Bone  
 Mu Li (Sheng) - Oyster Shell  
 Gui Ban (Cu) - Tortoise Plastron (Processed)  
 Bai Shao - White Peony Root  
 Xuan Shen - Scrophularia Root  
 Tian Dong - Asparagus Root  
 Gan Cao - Licorice Root  
 Yin Chen - Virgate Wormwood Herb  
 Mai Ya - Barley Sprout  
 Chuan Lian Zi (Chao) - Toosendan Fruit (Processed)

**TCM Pattern:**

- Tremor due to Liver-Wind stirring internally
- Liver-Wind, Liver and kidney Yin deficiency
- Rebellious Qi and Blood
- Jue Yin Heat type headache and body imbalance

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## EXTINGUISH WIND (CONTINUED)

### Jiang Ya Ping (J050)

降压平

**Formula Principles:** Sedates Liver fire and calms endogenous Liver wind, support Blood pressure balance

**Ingredients:**

Zhen Zhu Mu - Mother-of-Pearl  
Xia Ku Cao - Prunella Spike  
Sang Ji Sheng - Mistletoe Herb  
Di Long - Earthworm  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Ju Hua - Chrysanthemum Flower  
Bo He - Mint Herb

**TCM Pattern:**

- Excessive Liver Yang and fire related dizziness, ear ringing, headache, and flushed face

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### FORMULA HIGHLIGHT

**Jiang Ya Ping** is a unique formula you'll only find at Treasure of the East! Many of our formulas have been developed from proprietary knowledge and years of clinical experience. Other Treasure of the East exclusives include Shi Zhen Fang, Qiang Li Yu Ping Feng, and Bi Tong Ling. These formulas, and many more, have been highlighted in our Modern Formula Collection. As new and evolved conditions become prevalent in the modern world, Chinese medicine has adapted to provide safe and effective ways to support health.



Scan to learn  
more about the  
Modern Formula

Collection!

## HARMONIZE & REGULATE

### Ban Xia Xie Xin Tang (B050)

半夏泻心汤

**Formula Principles:** Harmonizes the Stomach, Descends Rebellious Qi, Disperses clumping, Eliminates focal distention

**Ingredients:**

Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Gan Jiang - Dried Ginger Rhizome  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Huang Lian - Coptis Rhizome  
Gan Cao (Mi) - Licorice Root (Processed)  
Da Zao - Jujube Fruit  
Bai Shen - Ginseng Root

**TCM Pattern:**

- Disharmony Between the Stomach and Intestines
- Improper purging of the Shao Yang with underlying Stomach Deficiency
- Damp-Heat in the Middle Jiao

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Jia Wei Xiao Yao San (J045)

五苓散

**Formula Principles:** Pacifies the Liver, Spreads Liver Qi, Strengthens the Spleen, Nourishes the Blood and Yin, Regulates menstruation, Sedates the Heart, Clears Heat

**Ingredients:**

Chai Hu - Bupleurum Root  
Dang Gui - Chinese Angelica Root  
Bai Shao - White Peony Root  
Bai Zhu - White Atractylodes Rhizome  
Fu Ling - Poria  
Gan Cao (Mi) - Licorice Root (Processed)  
Mu Dan Pi - Moutan Bark  
Zhi Zi (Jiao) - Gardenia Fruit (Processed)  
Bo He - Mint Herb  
Sheng Jiang - Ginger

**TCM Pattern:**

- Liver Qi Stagnation turning to Heat with underlying Spleen and Blood Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## HARMONIZE & REGULATE (CONTINUED)

### Xiao Chai Hu Tang (X035)

小柴胡汤

**Formula Principles:** Harmonizes and releases Shao-Yang stage disorders, relieves the Liver, harmonizes the Liver and Spleen

**Ingredients:**

Chai Hu - Bupleurum Root  
 Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Bai Shen - Ginseng Root

**TCM Pattern:**

- Cold damage entering the Shao-Yang
- Heat entering the Blood chamber (uterus)
- Liver Qi stagnation with Spleen Dampness
- Liver, gallbladder, Stomach, and Lung Fire

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Si Ni San (S165)

四逆散

**Formula Principles:** Moves Qi, resolves the constraint, soothes the Liver, and rectifies the Spleen, releases the Exterior, eliminates Heat in the Interior, relieves depressed metal fatigue

**Ingredients:**

Chai Hu - Bupleurum Root  
 Bai Shao - White Peony Root  
 Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Counterflow cold of the four limbs in a Shao Yin pattern
- Distention and fullness in the rib-side
- Pain in the abdomen, and Liver
- Spleen constraint and stagnation
- Jue Liver and Spleen disharmony
- Menstrual and mental disorders due to Liver Qi stagnation

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Xiao Yao Wan (X105)

逍遥丸

**Formula Principles:** Soothes the Liver resolves constraint regulates mood, nourishes Blood and fortifies the Spleen, spreads Liver Qi, harmonizes the Liver and Spleen

**Ingredients:**

Chai Hu - Bupleurum Root  
 Dang Gui - Chinese Angelica Root  
 Bai Shao (Chao) - White Peony Root (Processed)  
 Fu Ling - Poria  
 Bai Zhu - White Atractylodes Rhizome  
 Pao Jiang - Ginger (Blast-Fried)  
 Bo He - Mint Herb  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Depression due to Liver constraint
- Blood deficiency and Spleen weakness
- Liver and Spleen disharmony
- Liver Qi stagnation with Blood deficiency
- Qi and Blood stagnation
- Fatigue due to Blood deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Da Chai Hu Tang (D005)

大柴胡汤

**Formula Principles:** Harmonizes and Disperses the Shao Yang, Drains Internal Heat Retention

**Ingredients:**

Chai Hu - Bupleurum Root  
 Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Bai Shao - White Peony Root  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Da Huang - Rhubarb  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit  
 Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)

**TCM Pattern:**

- Shao Yang Fu (Shao Yang-Yang Ming)
- Liver and Gallbladder Fire

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## MODIFYING FORMULAS WITH SINGLE HERBS

Did you know you can add single herbs to classic formulas to alter or enhance their TCM action? For example:

- Adding 7g of **Shu Di Huang** to 50 g of **Xiao Wao Yan** creates a new formula, **Black Xiao Yao Wan**
  - Harmonizes the Liver and Spleen
  - Eases menstrual discomfort
  - Regulates menstruation
- Adding 10g of **Chuan Xin Lian** to 50g of **Yin Qiao San** results in **Jia Wei Yin Qiao San**
  - Disperses Wind-Heat
  - Cools Heat
  - Relieves toxicity
  - Clears Heat from the *Shang Jiao*
- Adding 8g of **Gou Qi Zi** and 6g of **Ju Hua** to 50g of **Liu Wei Di Huang Wang** produces **Qi Ju Di Huang Wan**
  - Enriches Yin
  - Nourishes the essence of the Liver and Kidney
  - Brightens the eyes



## MOISTEN DRYNESS

### Sha Shen Mai Dong Tang (S017)

沙参麦冬汤

**Formula Principles:** Clears and nourishes the Lungs and Stomach, generates fluids, moistens dryness

#### Ingredients:

Sha Shen (Bei) - Glehnia Root  
 Mai Dong - Ophiopogon Root  
 Yu Zhu - Solomon's Seal Rhizome  
 Gan Cao - Licorice Root  
 Sang Ye - Mulberry Root  
 Gua Lou Gen - Trichosanthes Root  
 Bai Bian Dou (Chao) - Lablab Bean (Processed)

#### TCM Pattern:

- Stomach and Lung Yin deficiency
- Dryness injuring the Lungs and Stomach
- Lung Heat with fluid deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Mai Men Dong Tang (M025)

麦门冬汤

**Formula Principles:** Benefits the Stomach, Generates Fluids, Descends Qi, Harmonizes the Middle Jiao

#### Ingredients:

Mai Dong - Ophiopogon Root  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Bai Shen - Ginseng Root  
 Gan Cao - Licorice Root  
 Da Zao - Jujube Root

#### TCM Pattern:

- Stomach Fire Blazing
- Stomach and Lung Yin Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## MOISTEN DRYNESS (CONT.)

### Bai He Gu Jin Tang (B020)

百合固金汤

**Formula Principles:** Moistens the Lungs, Transforms Phlegm, Nourishes Yin and Clears Heat, Relieves Cough

#### Ingredients:

Sheng Di Huang - Rehmannia  
 Shu Di Huang - Rehmannia Root (Processed)  
 Mai Dong - Ophiopogon Root  
 Bai He - Lily Bulb  
 Bai Shao (Chao) - White Peony Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Bei Mu (Chuan) - Sichuan Fritillary Bulb  
 Gan Cao - Licorice Root  
 Xuan Shen - Scrophularia Root  
 Jie Geng - Platycodon Root

#### TCM Pattern:

- Liver Fire Flaring Up
- Damp-Heat in the Liver and Gallbladder
- Damp-Heat in the Liver Channel
- San Jiao Damp-Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



五味子

## PURGATIVES

### Ma Zi Ren Wan (M020)

麻子仁丸

**Formula Principles:** Invigorates Blood, Dispels Blood Stasis, Moves Qi and Purges Heat, Lubricates the Intestines and Moves the bowels, Alleviates pain

#### Ingredients:

Huo Ma Ren - Cannabis Seed  
 Bai Shao - White Peony Root  
 Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)  
 Da Huang - Rhubarb  
 Hou Po (Jiang Zhi) - Officinal Magnolia Bark (Processed)  
 Xing Ren (Dan) - Apricot Kernel (Processed)

#### TCM Pattern:

- Colon Heat due to Jin Ye Deficiency
- Deficiency of Fluid in Colon
- Dry Heat Retention in the Stomach and Intestines

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Xiao Cheng Qi Tang (X040)

小承气汤

**Formula Principles:** Moderately purges Heat accumulation, purges the gallbladder, normalizes the flow of Qi at the center, eliminates Dampness

#### Ingredients:

Da Huang - Rhubarb  
 Hou Po (Jiang Zhi) - Officinal Magnolia Bark (Processed)  
 Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)

#### TCM Pattern:

- Relatively mild colon excess Heat
- Relatively mild Yang Ming Fu
- Relatively mild Wen Bing Qi stage intestinal dry Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## REDUCE FOOD STAGNATION

### Bao He Wan (B060)

保和丸

**Formula Principles:** Disperses Food, Harmonizes the Stomach

**Ingredients:**

Shan Zha (Jiao) - Hawthorn (Processed)  
Liu Shen Qu (Jiao) - Medicated Leaven (Processed)  
Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Fu Ling - Poria  
Chen Pi (Chao) - Tangerine Peel (Processed)  
Lian Qiao - Forsythia Fruit  
Lai Fu Zi (Chao) - Radish Seed (Processed)

**TCM Pattern:**

- Food Stagnation in the Stomach

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## REGULATE BLOOD

### Wen Jing Tang (W022)

温经汤

**Formula Principles:** Warms the channels and dissipates cold, dispels stasis and nourishes Blood, warms the menses, regulates menstruation, dispels cold, warms the channels, nourishes the Blood, dispels Blood stasis

**Ingredients:**

Wu Zhu Yu - Evodia Fruit (Processed)  
Dang Gui - Chinese Angelica Root  
Bai Shao - White Peony Root  
Chuan Xiong - Chuanxiong Rhizome  
Bai Shen - Ginseng Root  
Gui Zhi - Cinnamon Twig  
E Jiao - Ass Hide Gelatin  
Mu Dan Pi - Moutan Bark  
Sheng Jiang - Ginger  
Gan Cao - Licorice Root  
Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Mai Dong - Ophiopogon Root

**TCM Pattern:**

- Blood stasis due to cold with deficient cold of the Chong and Ren channels
- Obstructive Blood stasis marked by menstrual spotting or purple menses with clots

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## KNOW YOUR HERBS - GEO-AUTHENTICITY "DAO DI"

Approximately 95% of our raw herbs are geo-authentic, meaning they come from their "Dao Di" or their regions of traditional origins. Ideally, all herbs would be sourced from their Dao Di regions, however, herbs from some Dai Di regions are not able to meet stringent standards for sustainability, water and soil quality, heavy-metal content, or concentrations of active chemical constituents.

Chinese ethnopharmacology defines Dao Di herbs as the hallmark of clinical efficacy. Research shows that herbs develop the botanical attributes and form the chemical compounds that are most characteristic and most efficacious when grown in their Dao Di regions. Once procured and authenticated, raw herbs can be prepared according to their Pao Zhi practices before granulation. This makes herbal granules enlightened by tradition all the more valuable.



## REGULATE BLOOD (CONTINUED)

### Bu Yang Huan Wu Tang (B115)

补阳还伍汤

**Formula Principles:** Tonifies Qi, Invigorates the Blood, Unblocks the channels, Promotes movement in the limbs

**Ingredients:**

Huang Qi - Astragalus Root  
Dang Gui Wei - Chinese Angelica Root Branch  
Chuan Xiong - Chuanxiong Rhizome  
Chi Shao - Red Peony Root  
Tao Ren (Dan) - Peach Kernel (Processed)  
Hong Hua - Carthamus Flower  
Di Long - Earthworm

**TCM Pattern:**

- Sequelae of Wind-Stroke
- Qi and Yang Deficiency with Blood Stasis Obstructing the Channels
- Wind-Phlegm causing Qi and Blood Stagnation
- Wei Syndrome due to Qi Deficiency with Blood Stasis

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Ge Xia Zhu Yu Tang (G032)

膈下逐瘀汤

**Formula Principles:** Invigorates the Blood, Dispels Blood Stasis, Regulates Qi, Alleviates pain

**Ingredients:**

Wu Ling Zhi (Cu Zhi) - Squirrel's Droppings (Processed)  
Dang Gui - Chinese Angelica Root  
Chuan Xiong - Chuanxiong Rhizome  
Tao Ren (Dan) - Peach Kernel (Processed)  
Chi Shao - Red Peony Root  
Wu Yao - Lindera Root  
Yan Hu Suo (Cu Zhi) - Corydalis Rhizome (Processed)  
Mu Dan Pi - Moutan Bark  
Zhi Qiao (Fu Chao) - Bitter Orange (Processed)  
Hong Hua - Carthamus Flower  
Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
Gan Cao - Licorice root

**TCM Pattern:**

- Liver Qi Stagnation with Blood Blockage in the area below the diaphragm

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Gui Zhi Fu Ling Wan (G055)

桂枝茯苓丸

**Formula Principles:** Invigorates the Blood, Transforms Blood Stasis, Softens lumps, Reduces fixed abdominal pain

**Ingredients:**

Gui Zhi - Cinnamon Twig  
Fu Ling - Poria  
Mu Dan Pi - Moutan Bark  
Tao Ren (Dan) - Peach Kernel (Processed)  
Chi Shao - Red Peony Root

**TCM Pattern:**

- Blood Stasis in the uterus
- Tender masses in the lower abdomen due to Phlegm and Blood Stagnation
- Irregular menstruation with Blood Stasis

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Shen Tong Zhu Yu Tang (S077)

身痛逐瘀汤

**Formula Principles:** Invigorates the circulation of Qi and Blood, removes Blood stagnation in the channels and collaterals, unblocks painful obstructions

**Ingredients:**

Qin Jiao - Large Leaf Gentian Root  
Chuan Xiong - Chuanxiong Rhizome  
Tao Ren (Dan) - Peach Kernel (Processed)  
Hong Hua - Carthamus Flower  
Gan Cao - Licorice Root  
Qiang Huo - Notopterygium Rhizome and Root  
Mo Yao (Chao) - Myrrh (Processed)  
Dang Gui - Chinese Angelica Root  
Di Long - Earthworm  
Chuan Niu Xi - Cyathula Root  
Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
Wu Ling Zhi (Cu Zhi) - Squirrel's Droppings (Processed)

**TCM Pattern:**

- Painful obstruction due to Qi and Blood stagnation

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## REGULATE BLOOD (CONTINUED)

### Tao Hong Si Wu Tang (T010)

桃红四物汤

**Formula Principles:** Tonifies and invigorates the Blood, regulates Blood circulation, breaks up Blood stagnation, regulates menstruation, alleviates cramps

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
Chuan Xiong - Chuanxiong Rhizome  
Bai Shao - White Peony Root  
Dang Gui - Chinese Angelica Root  
Tao Ren (Dan) - Peach Kernel (Processed)  
Hong Hua - Carthamus Flower

**TCM Pattern:**

- Concurrent Blood deficiency and Blood stagnation
- Blood stagnation due to Blood deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Xue Fu Zhu Yu Tang (X145)

血府逐瘀汤

**Formula Principles:** Invigorates Blood, dissolves stasis, and moves Qi, unblocks the channels, relieves painful obstructions

**Ingredients:**

Dang Gui - Chinese Angelica Root  
Chuan Xiong - Chuanxiong Rhizome  
Chi Shao - Red Peony Root  
Tao Ren (Dan) - Peach Kernel (Processed)  
Hong Hua - Carthamus Flower  
Chuan Niu Xi - Cyathula Root  
Chai Hu - Bupleurum Root  
Jie Geng - Platycodon Root  
Zhi Qiao (Fu Chao) - Bitter Orange (Processed)  
Sheng Di Huang - Rehmannia  
Gan Cao - Licorice Root

**TCM Pattern:**

- Heart-Blood stagnation, Blood stagnation of the chest and diaphragm, Blood stasis after trauma

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## REGULATE QI

### Ding Chuan Tang Modified (D085)

定喘汤

**Formula Principles:** Disseminates and descends Lung Qi, Relieves wheezing and cough, Clears Heat, Transforms Phlegm

**Ingredients:**

Su Zi (Chao) - Perilla Fruit (Processed)  
Xing Ren (Dan) - Apricot Kernel (Processed)  
Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Kuan Dong Hua (Mi) - Coltsfoot Flower (Processed)  
Sang Bai Pi (Mi Zhi) - Mulberry Bark (Processed)  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Gan Cao - Licorice Root  
Bai Guo - Ginkgo Biloba

**TCM Pattern:**

- Exogenous Wind-Cold Turning to Interior Phlegm-Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Xuan Fu Dai Zhe Tang (X131)

旋复代赭汤

**Formula Principles:** Directs counterflow downward, dissolves phlegm, boosts Qi, and harmonizes the Stomach

**Ingredients:**

Dai Zhe Shi (Duan) - Hematite (Processed)  
Xuan Fu Hua - Inula Flower  
Sheng Jiang - Ginger  
Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Dang Shen - Codonopsis Root  
Da Zao - Jujube Fruit  
Gan Cao - Licorice Root

**TCM Pattern:**

- Rebellious Stomach Qi due to Stomach Qi deficiency with turbid phlegm obstruction

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## REGULATE QI (CONTINUED)

### Ban Xia Hou Pu Tang (B040)

半夏厚朴汤

**Formula Principles:** Activates Qi, Descends Rebellious Qi, Eliminates Phlegm, Dissipates clumps, Relieves Stagnation

**Ingredients:**

Ban Xia (Jiang) - Pinellia Rhizome (Ginger Processed)  
 Hou Po (Jiang Zhi) - Officinal Magnolia Bark (Processed)  
 Fu Ling - Poria  
 Sheng Jiang - Ginger  
 Zi Su Ye - Perilla Leaf

**TCM Pattern:**

- Liver Qi Stagnation: Phlegm and Qi Stagnant and Blocked (Plum-Pit Qi Stagnation)
- Qi Stasis with Phlegm Retention

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



天  
南  
星

### Yue Ju Wan (Y120)

越鞠丸

**Formula Principles:** Moves and regulates Qi, resolves constraint, releases Qi, Blood, phlegm, Fire, food, and Dampness stagnation

**Ingredients:**

Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
 Chuan Xiong - Chuanxiong Rhizome  
 Cang Zhu (Fu Chao) - Atractylodes Rhizome (Processed)  
 Zhi Zi (Jiao) - Gardenia Fruit (Processed)  
 Liu Shen Qu (Jiao) - Medicated Leaven (Processed)

**TCM Pattern:**

- Six constraints of Qi - Qi, Blood, phlegm, Fire, food, and Dampness

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Chai Hu Shu Gan Tang (C020)

柴胡疏肝汤

**Formula Principles:** Spreads Liver Qi, Promotes Qi circulation, Harmonizes the Blood, Alleviates pain

**Ingredients:**

Chai Hu - Bupleurum Root  
 Zhi Qiao (Fu Chao) - Bitter Orange (Processed)  
 Bai Shao - White Peony Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Liver Qi Stagnation
- Liver Qi Stagnation: Liver Qi Invades the Stomach

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## RELIEVE EXCESS

### Shi Zhen Fang (S122)

湿疹方

**Formula Principles:** Resolves Wind-Heat and transforms Dampness, relieves skin rashes and itchy "Shi Zhen" skin

#### Ingredients:

Jin Yin Hua - Honeysuckle Flower  
 Ju Hua - Chrysanthemum Flower  
 Huang Lian - Coptis Rhizome  
 Tu Fu Ling - Smooth Greenbrier Rhizome  
 Yi Ren - Coix Seed  
 Fang Feng - Saposhnikovia Root  
 Chan Tui - Cicada Slough  
 Gan Cao - Licorice Root

#### TCM Pattern:

- Wind-Dampness "Shi Zhen" manifested as skin rash
- Burning sensation, itching, blisters
- Skin erosion in the acute stage
- Dryness, scabbing, and flaking in the subacute stage
- For both internal and external use

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Xiao Liu Tang (X090)

消瘤汤,

**Formula Principles:** Promotes Blood circulation, dissipates stasis, clears collaterals, resolves phlegm and softens masses in the "Shao fu", soothes Liver and regulates Qi, invigorating the Spleen and kidney

#### Ingredients:

Dang Gui Wei - Chinese Angelica Root Branch  
 Wang Bu Liu Xing (Chao) - Vaccaria Seed (Processed)  
 Di Long - Earthworm  
 Tao Ren (Dan) - Peach Kernel (Processed)  
 E Zhu (Cu Zhi) - Curcuma Rhizome (Processed)  
 Sang Leng (Cu Zhi) - Sparganium Rhizome (Processed)  
 Xiang Fu (Cu Zhi) - Cyperus Rhizome (Processed)  
 Xia Ku Cao - Prunella Spike  
 Kun Bu - Kelp  
 Yi Ren - Coix Seed  
 Xu Duan - Dipsacus Root  
 Chuan Niu Xi - Cyathula Root

#### TCM Pattern:

- Blood stasis and masses accumulating in the "Shao fu"

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## KNOW YOUR HERBS - PAO ZHI PROCESSING

What is Pao Zhi? What separates Huang Qin and Huang Qin (Jiu)? Chinese medicine practitioner and herbal expert, Eric Brand, describes Pao Zhi as "a distinctive and uniquely developed feature of Chinese herbal medicine." It includes a variety of methods used to process herbs before usage. The effects of Pao Zhi vary by item and process - Pao Zhi can be used to:

- Enhance the effect of ingredients and improve efficacy of herbs
- Reduce or eliminate the toxicity or side effects of herbs and ensure safety
- Expand the scope of an herb's applications
- Facilitate more stable storage
- Purify the extract to ensure quality
- To correct odor and taste for ease of consumption
- Guide herbs into specific channels to facilitate targeted effects

The processing for each herb is based on a mixture of traditional knowledge, extensive chemical research, and on the standards of the Chinese Pharmacopoeia.

CONTINUED ON PAGE 35



## RELIEVE EXTERIOR

### Bi Yan Wan (B080)

鼻炎丸

**Formula Principles:** Releases the Exterior, Clears Heat and Resolves toxicity, Unblocks the nasal passages, Dries Dampness in the head, Dispels pus

**Ingredients:**

Yi Ren - Coix Seed  
 Fang Feng - Saposhnikovia Root  
 Mu Gua - Chaenomeles Fruit  
 Jie Geng - Platycodon Root  
 Bo He - Mint Herb  
 Jin Yin Hua - Honeysuckle Flower  
 Yu Xing Cao - Houttuynia Herb  
 Zi Hua Di Ding - Violet Herb  
 Pu Gong Ying - Dandelion  
 Chi Shao - Red Peony Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Zao Jiao Ci - Gleditsia Thorn

**TCM Pattern:**

- Nasal Wind Heat
- Nasal obstruction caused by Damp-Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Cang Er Zi San (C005)

苍耳子散

**Formula Principles:** Disperses Wind, Alleviates and relieves nasal pain, Frees nasal passage

**Ingredients:**

Cang Er Zi (Chao) - Xanthium Fruit (Processed)  
 Bai Zhi - Dahurian Angelica Root  
 Xin Yi - Magnolia Flower  
 Bo He - Mint Herb

**TCM Pattern:**

- Wind-Cold with Interior Heat
- Profuse nasal discharge due to Wind-Heat Attacks

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Chai Ge Jie Ji Tang (C010)

柴葛解肌汤

**Formula Principles:** Dispels Wind, Releases pathogens from the muscle layer, Clears Interior Heat

**Ingredients:**

Chai Hu - Bupleurum Root  
 Ge Gen - Pueraria Root  
 Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Gan Cao - Licorice Root  
 Bai Shao - White Peony Root  
 Qiang Huo - Notopterygium Rhizome and Root  
 Jie Geng - Platycodon Root  
 Bai Zhi - Dahurian Angelica Root  
 Shi Gao - Gypsum  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Wind-Cold (Tai Yang) transforming into Interior Heat (Yang Ming)
- Wind-Cold turning to Heat

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Yin Qiao San (Y075)

银翘散

**Formula Principles:** Vents the Exterior with acrid-cool, clears Heat, and resolves toxin

**Ingredients:**

Lian Qiao - Forsythia Fruit  
 Jin Yin Hua - Honeysuckle Flower  
 Bo He - Mint Herb  
 Jing Jie - Schizonepeta Herb  
 Dan Dou Chi - Fermented Soybean  
 Niu Bang Zi (Chao) - Burdock Seed (Processed)  
 Jie Geng - Platycodon Root  
 Zhu Ye (Dan) - Lophatherum Herb  
 Gan Cao - Licorice Root  
 Lu Gen - Phragmites Rhizome

**TCM Pattern:**

- Wind-Heat attacks the Lungs, Wen Bing Wei Stage, Wind-Heat pathogen toxin, frontline use

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## RELIEVE EXTERIOR (CONTINUED)

### Chuan Xiong Cha Tiao San (C030)

川芎茶调散

**Formula Principles:** Scatters Wind and relieves headaches

**Ingredients:**

Chuan Xiong - Chuanxiong Rhizome  
 Jing Jie - Schizonepeta Herb  
 Bai Zhi - Dahurian Angelica Root  
 Qiang Huo - Notopterygium Rhizome Root  
 Gan Cao - Licorice Root  
 Fang Feng - Saposhnikovia Root  
 Bo He - Mint Herb

**TCM Pattern:**

- Headaches related to external wind
- Externally contracted wind-cold.

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Chai Hu Gui Zhi Tang (C012)

柴胡桂枝汤

**Formula Principles:** Releases the Exterior and muscle layer, Harmonizes and releases the Shao-Yang, Harmonizes the Liver, Spleen and Intestines, Dispels Water Accumulation

**Ingredients:**

Chai Hu - Bupleurum Root  
 Huang Qi - Chinese Skullcap  
 Bai Shen - Ginseng Root  
 Gui Zhi - Cinnamon Twig  
 Bai Shao - White Peony Root  
 Sheng Jiang - Ginger  
 Ban Xia (Jiang) - Pinellia Rhizome (Processed)  
 Gan Cao - Licorice Root  
 Da Za0 - Jujube Fruit

**TCM Pattern:**

- Shao-Yang stage disorders
- Epigastric pain due to Liver and Spleen disharmony

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Gui Zhi Tang (G062)

桂枝汤

**Formula Principles:** Releases Wind-Cold from Exterior, Regulates and harmonizes the Ying and Wei

**Ingredients:**

Gui Zhi - Cinnamon Twig  
 Bai Shao - White Peony Root  
 Sheng Jiang - Ginger  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Wing and Wei deficiency
- Wind-Cold Invasion
- Tai Yang Zhong Feng

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Hua Fen Fang (H008)

花粉方

**Formula Principles:** Secures the Exterior, dispel Wind, supplements the Spleen and kidney, eliminates Dampness, transforms phlegm, relieves itching and discharges, onset of the season

**Ingredients:**

Bai Zhu - White Atractylodes Rhizome  
 Fang Feng - Saposhnikovia Root  
 Fu Xiao Mai - Light Wheat  
 Gan Cao - Licorice Root  
 He Zi - Chebule Fruit  
 Huang Qi - Astragalus Root  
 Mu Li (Duan) - Oyster Shell (Processed)  
 Wu Mei - Mume Fruit  
 Xin Yi - Magnolia Flower

**TCM Pattern:**

- Sensitive physique, cold and Wind
- Wei Qi deficiency
- Spleen Qi deficiency
- Lung Qi deficiency
- Kidney Qi deficiency
- Seasonal use

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily



## RELIEVE EXTERIOR (CONTINUED)

### Jing Fang Bai Du San (J090)

荆防败毒散

**Formula Principles:** Induces sweat, Releases the Exterior, Dispels Wind, Alleviates pain

**Ingredients:**

Qiang Huo - Notopterygium Rhizome and Root  
 Du Huo - Pubescent Angelica Root  
 Chai Hu - Bupleurum Root  
 Qian Hu - Peucedanum Root  
 Zhi Qiao (Fu Chao) - Bitter Orange (Processed)  
 Fu Ling - Poria  
 Jing Jie - Schizonepeta Herb  
 Fang Feng - Saposhnikovia Root  
 Jie Geng - Platycodon Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Gan Cao - Licorice Root

**TCM Pattern:**

- Wind Cold Dampness Toxins
- Wind Cold Dampness Invade Skin or Interior

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Gui Zhi Jia Long Gu Mu Li Tang (G063)

桂枝加龙骨牡蛎汤

**Formula Principles:** Tonifies Yin and Yang, Restrains the essence, Suppresses rebellion

**Ingredients:**

Gui Zhi - Cinnamon Twig  
 Bai Shao - White Peony Root  
 Sheng Jiang - Ginger  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Da Zao - Jujube Fruit  
 Long Gu (Sheng) - Dragon's Bone  
 Mu Li (Sheng) - Oyster Shell

**TCM Pattern:**

- Heart and Kidney Disharmony
- Yin and Yang Deficiency
- Tai Yang Zhong Feng with Kidney Essence Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

### Qing Fei Pai Du Tang (Q036)

清肺排毒汤

**Formula Principles:** Clarifies the Lungs, clears away evil, removes Heat and dampness, invigorates the Spleen

**Ingredients:**

Xiang Ru - Mosla Herb  
 Xing Ren (Dan) - Apricot Kernel (Processed)  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Gan Jiang - Dried Ginger Rhizome  
 Sheng Shi Gao - Gypsum  
 Gui Zhi - Cinnamon Twig  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Bai Zhu - White Atractylodes Rhizome  
 Zhu Ling - Polyporus Mushroom  
 Chai Hu - Bupleurum Root  
 Huang Qin - Chinese Skullcap  
 Ban Xia (Jiang) - Pinellia Rhizome (Processed)  
 Huo Xiang - Patchouli Herb  
 Zi Wan - Aster Root  
 Kuan Dong Hua - Coltsfoot Flower  
 She Gan - Belamcanda Rhizome  
 Zhi Shi - Immature Bitter Orange  
 Shan Yao - Dioscorea Rhizome  
 Chen Pi - Tangerine Peel  
 Xin Yi - Magnolia Flower

**TCM Pattern:**

- Wind-Heat attacks the Lungs
- Wind-Damp-Heat pathogen toxin
- Frontline use

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

## FORMULA HIGHLIGHT

**Qing Fei Pai Du Tang** is derived from a combination of four classical formulas: Ma Xing Shi Gan Decoction, She Gan Ma Huang Decoction, Xiao Chai Hu Tang, and Wu Ling San. The original composition of this formula includes Ma Huang and Xi Xin, but since these are banned herbal ingredients in the US, Xiang Ru and Xin Yi are the respective substitutions recommended by the China Academy of Chinese Medical Science Honorary President, Dr. Boli Zhang.

## RELIEVE EXTERIOR (CONTINUED)

### Ren Shen Bai Du San (R010)

人参败毒散

**Formula Principles:** Releases the Wind-cold-Damp toxins to support Lungs, augments Qi, eliminates painful obstruction, circulates Qi and Blood

**Ingredients:**

Bai Shen - Ginseng Root  
 Qiang Huo - Notopterygium Rhizome and Root  
 Du Huo - Pubescent Angelica Root  
 Chai Hu - Bupleurum Root  
 Qian Hu - Peucedanum Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Zhi Qiao (Fu Chao) - Bitter Orange (Processed)  
 Jie Geng - Platycodon Root  
 Fu Ling - Poria  
 Sheng Jiang - Ginger  
 Bo He - Mint Herb  
 Gan Cao - Licorice Root

**TCM Pattern:**

- Wind-cold-Dampness with deficient Qi
- Wind-Cold-Damp detoxification
- Lung support for frontlines

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

### Sang Ju Yin (S010)

桑菊饮

**Formula Principles:** Dissipates Wind and clears Heat, ventilates the Lung, and relieves coughing, disperses Wind-Heat, clears the Lungs

**Ingredients:**

Sang Ye - Mulberry Leaf  
 Ju Hua - Chrysanthemum Flower  
 Xing Ren (Dan) - Apricot Kernel (Processed)  
 Lian Qiao - Forsythia Fruit  
 Bo He - Mint Herb  
 Jie Geng - Platycodon Root  
 Gan Cao - Licorice Root  
 Lu Gen - Phragmites Rhizome

**TCM Pattern:**

- Wind-Heat attacks the Lungs, Wen Bing onsetting, releases Damp-Heat Exterior

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Bi Qiu Tang (B070)

鼻渊汤

**Formula Principles:** Secure the Exterior dispel Wind, Supplement the Spleen and Kidney, Eliminate Dampness, Transform Phlegm, Relies Itching and discharges, Onset or maintenance use

**Ingredients:**

Dang Shen - Codonopsis Root  
 Bai Zhu - White Atractylodes Rhizome  
 Fang Feng - Saposhnikovia Root  
 Jing Jie - Schizonepeta Herb  
 Shan Yao - Dioscorea Rhizome  
 Yi Ren - Coix Seed  
 Chan Tui - Cicada Slough  
 Jie Geng - Platycodon Root  
 Huang Qi - Astragalus Root  
 He Zi - Chebule Fruit  
 Xin Yi - Magnolia Flower  
 Bo He - Mint Herb  
 Ze Xie - Alisma Rhizome  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Gan Cao - Licorice Root

**TCM Pattern:**

- Sensitive physique
- Cold and wind
- Wei Qi Deficiency, Spleen Qi Deficiency, Lung Qi Deficiency, Kidney Qi Deficiency

**Granule Dosage:** Mix 5 grams in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## REMOVE BLOOD STAGNATION

### Shao Fu Zhu Yu Tang (S027)

少腹逐瘀汤

**Formula Principles:** Invigorates the Blood, promotes the movement of Qi, dispels Blood stasis, warms and regulates menstruation, unblocks painful obstructions

**Ingredients:**

Xiao Hui Xiang (Yan) - Fennel Fruit (Processed)  
 Gan Jiang - Dried Ginger Rhizome  
 Yan Hu Suo (Cu Zhi) - Corydalis Rhizome (Processed)  
 Dang Gui - Chinese Angelica Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Rou Gui - Cassia Bark  
 Chi Shao - Red Peony Root  
 Pu Huang - Typha Pollen  
 Wu Ling Zhi (Cu Zhi) - Squirrel's Droppings (Processed)

**TCM Pattern:**

- Blood stasis accumulating in the lower Jiao

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## RESOLVE PHLEGM

### Bei Mu Gua Lou San (B068)

贝母瓜蒌散

**Formula Principles:** Moisturizing the Lung and clearing Heat, regulating Qi and dissipating phlegm, alleviating cough

**Ingredients:**

Chuan Bei Mu - Sichuan Fritillary Bulb  
 Quan Gua Lou - Trichosanthes Fruit  
 Tian Hua Fen - Trichosanthes Root  
 Fu Ling - Poria  
 Ju Hong - Red Tangerine Peel  
 Jie Geng - Platycodon Root

**TCM Pattern:**

- Phlegm-Heat and Dryness in the Lung
- Lung Yin Deficiency with Phlegm-Fire manifested as dry cough or wheezing with deep-seated and difficult to expectorate white sputum, dry mouth and throat.

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## KNOW YOUR HERBS - SUSTAINABILITY

Treasure of the East herbs are purchased directly from farmers, instead of the bulk herb market, which means that we are able to obtain certification from CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora) to confirm that the herbs come from sustainable sources. Additionally, adhering to CITES means that Treasure of the East will never carry products from endangered species, like tiger bone or rhino horn.

Furthermore, the farms that supply herbs for Treasure of the East extracts are committed to sustainable farming by using harvesting methods that are designed to regenerate and protect herbal materials. These methods include crop rotation, harvesting while cultivating, avoiding harvesting during the breeding periods of plants, and many more.

Lastly, raw herbs are processed locally close to the farms to avoid transporting raw material long distances which reduces environmental pollutants. Plus, local processing allows for the return of nutrient-rich plant residues to be reintroduced into the field to enrich the soil and support healthy growth for the next planting.



## RESOLVE PHLEGM (CONTINUED)

### Ban Xia Tian Ma Bai Zhu Tang (B045)

半夏天麻白术汤

**Formula Principles:** Strengthens the Spleen, Dispels Dampness, Transforms Phlegm, Soothes the Liver, Extinguishes Wind

**Ingredients:**

Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Tian Ma - Gastrodia  
Fu Ling - Poria  
Ju Hong - Red Tangerine Peel  
Bai Zhu - White Atractylodes Rhizome  
Gan Cao - Licorice Root

**TCM Pattern:**

- Wind-Phlegm
- Damp-Phlegm

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Er Chen Tang (E005)

二陈汤

**Formula Principles:** Dries Dampness, Transforms Phlegm, Regulates Qi, Harmonizes the Middle Jiao

**Ingredients:**

Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Ju Hong - Red Tangerine Peel  
Fu Ling - Poria  
Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Phlegm-Damp Obstructs the Lungs
- Spleen-Damp Disturbs the Lungs
- Damp-Phlegm Retention
- Internal Phlegm-Damp with Qi Deficiency
- Wind-Phlegm

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Jiang Zhi Yin (J055)

降脂饮

**Formula Principles:** Reduces and guides out food stagnation, transforms accumulations, transforms Blood stasis, invigorates Blood circulation, tonifies Qi, reduces phlegm, increases metabolism, supports healthy cholesterol balance

**Ingredients:**

Shan Zha - Hawthorn  
Cao Jue Ming Zi (Chao) - Cassia Seed (Processed)  
He Shou Wu (Zhi) - Flowery Knotweed Root (Processed)  
Ze Xie - Alisma Rhizome  
Hu Zhang - Bushy Knotweed Rhizome  
Da Huang - Rhubarb  
Chai Hu - Bupleurum Root  
Yin Chen - Virgate Wormwood Herb  
Yu Jin - Curcuma Root  
Jin Ying Zi - Cherokee Rose Fruit  
Yi Ren - Coix Seed

**TCM Pattern:**

- Imbalanced cholesterol
- Stagnation of phlegm and Blood
- Qi deficiency
- Food stagnation

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## RESOLVE PHLEGM (CONTINUED)

### Qing Qi Hua Tan Wan (Q048)

清气化痰丸

**Formula Principles:** Clears Heat, dissolves phlegm, descends Qi, alleviates cough

**Ingredients:**

Chen Pi (Chao) - Tangerine Peel (Processed)  
Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Dan Nan Xing - Bile Arisaema  
Fu Ling - Poria  
Gua Lou Zi - Trichosanthes Seed  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Xing Ren (Dan) - Apricot Kernel (Processed)  
Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)

**TCM Pattern:**

- Phlegm-Heat congests the Lungs
- Phlegm-Heat obstructs the Middle Jiao
- Cough caused by phlegm
- Excess Lung-Heat

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Tian Ma Gou Teng Yin (T022)

天麻钩藤饮

**Formula Principles:** Calms the Liver and extinguishes Wind, supports healthy Blood pressure, clears Heat and invigorates Blood, extinguishes Wind, tonifies the Liver and kidneys, supports BP balance

**Ingredients:**

Tian Ma - Gastrodia  
Gou Teng - Uncaria Stem and Thorn  
Shi Jue Ming (Duan) - Abalone Shell (Processed)  
Zhi Zi (Jiao) - Gardenia Fruit (Processed)  
Huang Qin (Jiu) - Chinese Skullcap (Processed)  
Chuan Niu Xi - Cyathula Root  
Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
Kun Cao - Leonurus Herb  
Sang Ji Sheng - Mistletoe Herb  
Shou Wu Teng - Flowery Knotweed Stem  
Fu Shen - Poria Mushroom with Hostwood

**TCM Pattern:**

- Liver Wind stirring internally, Liver Yin deficiency, Blood pressure rising due to Liver Yang rising

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Wen Dan Tang (W020)

温胆汤

**Formula Principles:** Rectifies Qi and dissolves phlegm, harmonizes the Stomach and clears gallbladder, fortifies the Spleen and soothes the Liver, dries Dampness, dispels Heat, regulates emotions

**Ingredients:**

Ban Xia (Fa) - Pinellia Rhizome (Processed)  
Zhu Ru (Jiang Zhi) - Bamboo Shavings (Processed)  
Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)  
Chen Pi (Chao) - Tangerine Peel (Processed)  
Gan Cao (Mi) - Licorice Root (Processed)  
Fu Ling - Poria

**TCM Pattern:**

- Gallbladder constraint with phlegm stirring up
- Phlegm-Fire disturbs the Heart
- Gallbladder deficiency Heat
- Disharmony between the gallbladder and Stomach with phlegm Heat
- Timidity and easy startle due to gallbladder Damp-Heat

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Zhi Sou San (Z050)

止嗽散

**Formula Principles:** Diffuses and benefits the Lung Qi, disperses Wind and relieves cough, transforms phlegm, releases the Exterior, ventilates the Lungs

**Ingredients:**

Jie Geng - Platycodon Root  
Jing Jie - Schizonepeta Herb  
Zi Wan (Mi Zhi) - Aster Root (Processed)  
Bai Bu (Mi Zhi) - Stemona (Processed)  
Bai Qian - Willowleaf Swallowwort Rhizome  
Gan Cao (Mi) - Licorice Root (Processed)  
Chen Pi (Chao) - Tangerine Peel (Processed)

**TCM Pattern:**

- Wind pathogens attacking the Lung, cough as a sequelae to external Wind-cold with phlegm

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## STABILIZE ASTRINGENT (BIND)

### Sang Piao Xiao San (S015)

桑螵蛸散

**Formula Principles:** Harmonizes and supplements the Heart and the kidney, consolidates essence and arrests emission and urination, regulates and tonifies the Heart and kidneys, stabilizes Jing

**Ingredients:**

Sang Piao Xiao - Mantis Egg Capsule  
Yuan Zhi (Zhi) - Polygala Root (Processed)  
Shi Chang Pu - Acorus Root  
Long Gu (Sheng) - Dragon's Bone  
Bai Shen - Ginseng Root  
Fu Shen - Poria Mushroom with Hostwood  
Dang Gui - Chinese Angelica Root  
Gui Ban (Cu) - Tortoise Plastron (Processed)

**TCM Pattern:**

- Heart and kidney deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## STABILIZE QI

### Yi Qi Gu Chong Tang (Y040)

益气固冲汤

**Formula Principles:** Boosts Qi, fortifies Spleen, strengthens the Chong Mai to contain Blood

**Ingredients:**

Huang Qi (Mi) - Astragalus Root (Processed)  
Bai Zhu - White Atractylodes Rhizome  
Chai Hu - Bupleurum Root  
Ai Ye Tan - Mugwort Leaf (Carbonized)  
Xian He Cao - Agrimonia Herb  
Jing Jie - Schizonepeta Herb  
Dang Shen - Codonopsis Root  
Gan Cao - Licorice Root  
Dang Gui - Chinese Angelica Root  
Xu Duan - Dipsacus Root  
Sheng Ma - Cimicifuga Rhizome

**TCM Pattern:**

- Spleen and kidney deficiency with insecurity of the Chong Mai, irregular menstruations due to Spleen and kidney deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## TONIFY BLOOD

### Shao Yao Gan Cao Tang (S030)

芍药甘草汤

**Formula Principles:** Boosts Qi and supplements Blood

**Ingredients:**

Bai Shao - White Peony Root  
Gan Cao - Licorice Root

**TCM Pattern:**

- Qi and Blood deficiency, Liver and Spleen deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Si Wu Tang (S175)

四物汤

**Formula Principles:** Supplements and regulates the Blood, regulates the Liver, improves Blood circulation, regulates menstruation

**Ingredients:**

Dang Gui - Chinese Angelica Root  
Chuan Xiong - Chuanxiong Rhizome  
Bai Shao - White Peony Root  
Shu Di Huang - Rehmannia Root (Processed)

**TCM Pattern:**

- Blood deficiency and Blood stasis
- Irregular menstruation related to Blood deficiency and Blood stasis

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## TONIFY BLOOD (CONTINUED)

### Ba Zhen Tang (B010)

八珍汤

**Formula Principles:** Tonifies and augments Qi and Blood

**Ingredients:**

Dang Gui - Chinese Angelica Root  
 Shu Di Huang - Rehmannia Root (Processed)  
 Bai Shao (Chao) - White Peony Root (Processed)  
 Chuan Xiong - Chuanxiong Rhizome  
 Dang Shen - Codonopsis Root  
 Bai Zhu - White Atractylodes Rhizome  
 Fu Ling - Poria  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Qi and Blood Deficiency
- Liver and Spleen Deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Qi Bao Mei Ran Dan (Q002)

七宝美髯丹

**Formula Principles:** Enriches the kidney Jing, nourishes the Liver Blood, beautifies hair

**Ingredients:**

He Shou Wu (Zhi) - Flowery Knotweed Root (Processed)  
 Fu Ling - Poria  
 Niu Xi (Huai) - Achyranthes Root  
 Dang Gui (Jiu) - Chinese Angelica Root (Processed)  
 Gou Qi Zi - Goji Berry  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Bu Gu Zhi (Yan Zhi) - Psoralea Fruit (Processed)

**TCM Pattern:**

- Gray or thin hair due to kidney Jing
- Liver-Blood deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Dang Gui Shao Yao San (D055)

当归芍药散

**Formula Principles:** Nourishes Liver Blood, Softens the Liver, Spreads Liver Qi, Strengthens the Spleen, Resolves Dampness, Reinforces the Spleen and Kidney

**Ingredients:**

Dang Gui - Chinese Angelica Root  
 Bai Shao - White Peony Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Fu Ling - Poria  
 Bai Zhu - White Atractylodes Rhizome  
 Ze Xie - Alisma Rhizome

**TCM Pattern:**

- Abdominal pain due to Liver and Spleen Disharmony
- Abdominal pain due to Spleen and Kidney Deficiency
- Hypofunction of the Liver and Spleen with Stagnation of Blood and Qi Stagnation due to Dampness

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Chu Luang Fang (F026)

储卵方

**Formula Principles:** Tonifies kidney and Liver, replenishes Jing and Blood, increases Blood flow, regulates menstrual and ovulation cycles, nourishes Jing and Blood of eggs

**Ingredients:**

Bu Gu Zhi (Yan Zhi) - Psoralea Fruit (Processed)  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Gou Qi Zi - Goji Berry  
 Sheng Di Huang - Rehmannia  
 Xian Mao - Curculigo Rhizome  
 Bai Shao - White Peony Root  
 Dang Gui - Chinese Angelica Root  
 Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
 Gui Ban (Cu) - Tortoise Plastron (Processed)  
 Yin Yang Huo - Epimedium Herb  
 Chai Hu - Bupleurum Root

**TCM Pattern:**

- Kidney and Liver deficiency
- Inadequate Jing and poor Blood flow in ovaries

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY HEART

### Bai Zi Yang Xin Wan (B100)

柏子养心丸

**Formula Principles:** Reinforces and Strengthens Heart Qi, Calms the Spirit, Nourishes the Heart Blood

**Ingredients:**

Fu Ling - Poria  
 Chuan Xiong - Chuanxiong Rhizome  
 Dang Gui - Chinese Angelica Root  
 Huang Qi (Mi) - Astragalus Root (Processed)  
 Liu Shen Qu - Medicated Leaven (Processed)  
 Bai Zi Ren - Arborvitae Seed  
 Dang Shen - Codonopsis Root  
 Rou Gui - Cassia Bark  
 Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
 Wu Wei Zi (Cu) - Schisandra Berry (Processed)  
 Yuan Zhi (Zhi) - Polygala Root (Processed)  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Blood Deficiency with a weak constitution

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Sheng Mai San (S095)

生脉散

**Formula Principles:** Astringes Yin, boosts Qi and promotes fluid production, arrests sweating, generates fluids, clears Heat

**Ingredients:**

Mai Dong - Ophiopogon Root  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Bai Shen - Ginseng Root

**TCM Pattern:**

- Qi and Yin consumption due to warm-Heat or summer Heat invasion
- Prolonged cough due to deficiency of both Qi and Yin
- Lung, Heart, and kidney Qi deficiency
- Lung Heat with fluid deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Zhi Gan Cao Tang (Z040)

炙甘草汤

**Formula Principles:** Boosts Qi, enriches Yin, unblocks Yang, restores the pulse

**Ingredients:**

Gan Cao (Mi) - Licorice Root (Processed)  
 Sheng Jiang - Ginger  
 Sheng Di Huang - Rehmannia  
 Gui Zhi - Cinnamon Twig  
 Mai Dong - Ophiopogon Root  
 Huo Ma Ren - Cannabis Seed  
 Da Zao - Jujube Fruit  
 Bai Shen - Ginseng Root  
 E Jiao - Ass Hide Gelatin

**TCM Pattern:**

- Yin-Blood and Yang-Qi deficiency with malnutrition of the Heart vessel
- Deficiency-consumption and Lung atrophy
- Heart Qi deficiency with excess worry
- Irregular pulses due to Yang and Yin deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## FORMULA HIGHLIGHT

Clinical herbalist and licensed acupuncturist, Craig Williams, recommends **Sheng Mai San** to help combat the summer's heat. The formula is made of three herbal constituents: Ren Shen, Mai Men Dong, and Wu Wei Zi which are all used to target both Qi and Yin deficiencies due to excessive loss of sweat and fluids which in turn leads to the dissipation of Heart / Lung Qi and Yin. This formula is great for those who work outside, active athletes, and anyone who may already have Qi and Yin deficiencies which are intensified during the hot summer season. Overall, Sheng Mai San is easy to digest, supplements Qi, nourishes Yin, and even also soothes the nervous system.



## TONIFY KIDNEY

### Er Xian Tang (E015)

二仙汤

**Formula Principles:** Replenishes Kidney Yin and Yang, Tonifies Kidney Jing, Purges Deficiency Fire, Regulates the Chong and Ren

#### Ingredients:

Tian Xian Mao - Curculigo Rhizome  
Xian Ling Pi - Epimedium Herb  
Ba Ji Tian - Morinda Root  
Dang Gui - Chinese Angelica Root  
Zhi Mu - Anemarrhena Rhizome  
Huang Bo (Chuan) - Phellodendron Bark

#### TCM Pattern:

- Kidney Yin and Yang Deficiency
- Disharmony between the Chong and Ren Channels

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY KIDNEY ESSENCE

### Zan Yu Fang (For Men) (Z006)

赞育方

**Formula Principles:** Warms and tonifies the kidneys, boosts male fertility

#### Ingredients:

Xian Ling Pi - Epimedium Herb  
Shu Di Huang - Rehmannia Root (Processed)  
Bai Zhu - White Atractylodes Rhizome  
Dang Gui - Chinese Angelica Root  
Gou Qi Zi - Goji Berry  
Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
Tian Xian Mao - Curculigo Rhizome  
Ba Ji Tian - Morinda Root  
Rou Gui - Cassia Bark  
She Chuang Zi - Cnidium Fruit  
Rou Cong Rong (Jiu) - Cistanche (Processed)  
Shan Yu Rou - Cornus Fruit (Processed)

#### TCM Pattern:

- Male infertility due to deficiency of Ming Men Fire, cold and deficiency of essential Qi

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## KNOW YOUR HERBS - MORE ON PAO ZHI PROCESSING

There are many different methods of Pao Zhi processing, the most common include:

Sheng Zhi	生炙	Unprocessed Cook
Yan Zhi	盐炙	Cook With Salt
Jiu Zhi	酒炙	Cook in Wine
Cu Zhi	醋炙	Cook in Vinegar
Jiang Zhi	姜炙	Cook with Ginger
Chao	炒	Stir-Fry
Fu Chao	麸炒	Stir-Fry with Wheat Bran
Duan	煨	Calcinate (heat to high temperature)
Jiao	焦	Burn
Tan	炭	Carbonize
Chan	燂	Boil

Pao Zhi can have distinctive effects on the benefits and usage of a particular herb, so it's important to understand the usages of each version. For example, Gan Cao is a neutral temperature herb, but turns into a warm herb when processed with honey into Gan Cao (Mi).



## TONIFY KIDNEY ESSENCE (CONT.)

### Huan Shao Dan (H025)

还少丹

**Formula Principles:** Tonifies the Spleen and Kidneys, Nourishes the Heart, Enriches the Yin, Nourishes the Blood and Yang, Augments Qi, Promotes Longevity

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Gou Qi Zi - Goji Berry  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Rou Cong Rong (Jiu) - Cistanche (Processed)  
 Yuan Zhi (Zhi) - Polygala Root (Processed)  
 Ba Ji Tian - Morinda Root  
 Xiao Hui Xiang (Yan) - Fennel Fruit (Processed)  
 Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
 Niu Xi (Huai) - Achyranthes Root  
 Zhi Shi (Fu Chao) - Immature Bitter Orange (Processed)  
 Fu Ling - Poria  
 Shan Yao - Dioscorea Rhizome  
 Da Zao - Jujube Fruit  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Shi Chang Pu - Acorus Root

**TCM Pattern:**

- Jing and Blood Deficiency
- Kidney, Heart and Spleen Deficiency
- Weakness of Yuan Qi

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Wu Zi Yan Zong Wan (W075)

五子衍宗丸

**Formula Principles:** Tonifies the Kidneys, nourishes and astringes Jing, benefits and tonifies kidney Yang and Blood, promotes fertility for men

**Ingredients:**

Gou Qi Zi - Goji Berry  
 Fu Pen Zi - Rubus Berry  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Che Qian Zi (Yan Zhi) - Plantain Seed (Processed)  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)

**TCM Pattern:**

- Kidney Qi, Yang and Jing deficiency, male fertility support

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY KIDNEY YANG

### Yu Lin Fang (Y090)

毓麟方

**Formula Principles:** Tonifies kidney Yang, consolidates the Chong and Ren channels, boosts female fertility

**Ingredients:**

Dang Shen - Codonopsis Root  
 Bai Zhu - White Atractylodes Rhizome  
 Fu Ling - Poria  
 Bai Shao - White Peony Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Shu Di Huang - Rehmannia Root (Processed)  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
 Lu Jiao Shuang - Degelatinated Antler  
 Hua Jiao - Sichuan Peppercorn

**TCM Pattern:**

- Kidney Yang deficiency in female with low fertile vitality manifested as irregular menstruation
- Weakness in the lower back and knees
- Light colored tongue with white coating
- Deep pulse due to kidney deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



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## TONIFY KIDNEY YANG (CONT.)

### Jin Gui Shen Qi Tang (J075)

金匱腎氣丸

**Formula Principles:** Tonifies and warms Kidney Yang, Disperses Cold, Drains damp and water accumulation

**Ingredients:**

Sheng Di Huang - Rehmannia  
 Shan Yao - Dioscorea Rhizome  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Mu Dan Pi - Moutan Bark  
 Gui Zhi - Cinnamon Twig

**TCM Pattern:**

- Kidney Yang Deficiency
- Atrophy disorder due to Liver and Kidney Deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### You Gui Wan (Y080)

右歸丸

**Formula Principles:** Warms and supplements kidney Yang, supplements essence, boosts marrow, tonifies Blood

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Gou Qi Zi - Goji Berry  
 Lu Jiao - Antler  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Du Zhong (Yan Zhi) - Eucommia Bark (Processed)  
 Dang Gui - Chinese Angelica Root  
 Rou Gui - Cassia Bark

**TCM Pattern:**

- Kidney Yang insufficiency and Ming Men Fire deficiency
- Deficiency cold of Spleen and Stomach
- Kidney Qi and Yang deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY KIDNEY YIN

### Zuo Gui Wan (Z110)

左歸丸

**Formula Principles:** Enriches kidney Yin, supplements essence, and boosts marrow

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Gou Qi Zi - Goji Berry  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Chuan Niu Xi - Cyathula Root  
 Tu Si Zi (Yan Zhi) - Dodder Seed  
 Lu Jiao - Antler  
 Gui Ban (Cu) - Tortoise Plastron (Processed)

**TCM Pattern:**

- Kidney Jing insufficiency
- Emptiness of essence and marrow due to Liver and kidney Yin deficiency
- Atrophy disorder due to Liver and kidney deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

### Zuo Gui Yin (Z115)

左歸飲

**Formula Principles:** Nourishes Yin, tonifies the kidneys

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Gou Qi Zi - Goji Berry  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Fu Ling - Poria  
 Shan Yu Rou - Cornus Fruit (Processed)

**TCM Pattern:**

- Kidney Yin and Jing deficiency, Liver and kidney deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY KIDNEY YIN (CONTINUED)

### Geng Nian An 1 (G035)

更年安 1

**Formula Principles:** Nourishes Yin and clears away Heat, relieves restlessness and tranquilizes the mind, regulates the equilibrium, improves health, and prolongs life

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Sheng Di Huang - Rehmannia  
 Mu Dan Pi - Moutan Bark  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Tian Xian Mao - Curculigo Rhizome  
 He Shou Wu (Zhi) - Flowery Knotweed Root (Processed)  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Zhen Zhu Mu - Mother-of-Pearl  
 Shou Wu Teng - Flowery Knotweed Stem  
 Xuan Shen - Scrophularia Root  
 Fu Xiao Mai - Light Wheat  
 Shan Yao - Dioscorea Rhizome

**TCM Pattern:**

- Menopause with deficiency of kidney Yin and excessive Liver Yang in women
- More focus on kidney Yin support
- Used for maintenance

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Geng Nian An 2 (G033)

更年安 2

**Formula Principles:** Nourishes Yin and clears away Heat, relieves restlessness and tranquilizes the mind, regulates the equilibrium, improves health, and prolongs life

**Ingredients:**

Bai Shao - White Peony Root  
 Da Huang - Rhubarb  
 Gou Teng - Uncaria Stem and Thorn  
 He Huan Pi - Silk Tree Bark  
 Huang Qin (Jiu) - Chinese Skullcap (Processed)  
 Ju Hua - Chrysanthemum Flower  
 Lian Zi - Lotus Seed  
 Long Chi - Dragon's Teeth  
 Han Lian Cao - Eclipta Herb  
 Nu Zhen Zi (Jiu Zhi) - Liyustrum Fruit (Processed)  
 Sheng Di Huang - Rehmannia  
 Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)

**TCM Pattern:**

- Menopause with excessive Liver Yang and Heart Fire
- Deficiency of kidney Yin in women
- More focus on Liver and Heart balance
- Used for the on-setting stage of the Heart and Liver imbalance

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## KNOW YOUR HERBS - FULL SPECTRUM EXTRACTIONS

Do you know the value of full-spectrum extracts? Full-spectrum extracts most closely mimic the effects of whole herbs because they contain the same balance of chemical constituents and the same complex interactions between those chemical constituents as whole herbs do. The alternative to full-spectrum is standardized extracts, where a single chemical within the herb is concentrated to a specific percentage. During standardized extraction, chemical solvents like alcohol, acetone, or hexane are used to isolate the specific chemical being extracted and this can result in the loss of other important chemicals from the herb. Since all traditional evidence-based medicine systems are based on whole herbs, there is no denying that the medicinal value of standardized extracts cannot be considered comparable to full-spectrum extracts. You'll find only full-spectrum extracts at Treasure of the East!



## TONIFY KIDNEY YIN (CONTINUED)

### Liu Wei Di Huang Wan (L060)

六味地黄丸

**Formula Principles:** Enriches Yin, Nourishes the Essence of the Liver and Kidney, Promotes Longevity

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Mu Dan Pi - Moutan Bark

**TCM Pattern:**

- Kidney Yin Deficiency
- Heart and Kidney Yin Deficiency
- Liver and Kidney Yin Deficiency
- Weak Constitution

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Ming Mu Di Huang Wan (M035)

明目地黄丸

**Formula Principles:** Nourishes the Liver, enriches the kidneys, improves vision

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Mu Dan Pi - Moutan Bark  
 Shan Yao - Dioscorea Rhizome  
 Fu Ling - Poria  
 Ze Xie - Alisma Rhizome  
 Gou Qi Zi - Goji Berry  
 Ju Hua - Chrysanthemum Flower  
 Dang Gui - Chinese Angelica Root  
 Bai Ji Li (Chao) - Tribulus Fruit (Processed)  
 Shi Jue Ming (Duan) - Abalone Shell (Processed)  
 Bai Shao - White Peony Root

**TCM Pattern:**

- Deficiency of the Liver Yin and kidney Yin manifested as dry eyes, blurred vision

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

### Qi Ju Di Huang Wan (Q005)

杞菊地黄丸

**Formula Principles:** Provides vision and eye health support, nourishes kidney Yin, replenishes the Liver Blood and Liver Yin

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Ze Xie - Alisma Rhizome  
 Fu Ling - Poria  
 Mu Dan Pi - Moutan Bark  
 Gou Qi Zi - Goji Berry  
 Ju Hua - Chrysanthemum Flower

**TCM Pattern:**

- Eyes and visual support with supplementing kidney and Liver Yin

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Zhi Bai Di Huang Wan (Z030)

知柏地黄丸

**Formula Principles:** Enriches Yin, nourishes the essence of the Liver and kidneys, reduces deficiency Fire

**Ingredients:**

Shu Di Huang - Rehmannia Root (Processed)  
 Shan Yu Rou - Cornus Fruit (Processed)  
 Shan Yao - Dioscorea Rhizome  
 Ze Xie - Alisma Rhizome  
 Mu Dan Pi - Moutan Bark  
 Zhi Mu - Anemarrhena Rhizome  
 Huang Bo (Chuan) - Phellodendron Bark  
 Fu Ling - Poria

**TCM Pattern:**

- Kidney Yin deficiency with Fire flaring
- Fire flaring with Liver and kidney Yin deficiency
- Steaming bone disorder
- Damp-Heat in the lower Jiao

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## TONIFY LIVER YIN

### Yi Guan Jian (Y027)

一贯煎

**Formula Principles:** Enriches Yin and soothes the Liver

**Ingredients:**

Sha Shen (Bei) - Glehnia Root  
 Mai Dong - Ophiopogon Root  
 Dang Gui - Chinese Angelica Root  
 Sheng Di Huang - Rehmannia  
 Gou Qi Zi - Goji Berry  
 Chuan Lian Zi (Chao) - Toosendan Fruit (Processed)

**TCM Pattern:**

- Liver-kidney Yin deficiency
- Liver Qi stagnation
- Liver and kidney Yin deficiency with abdominal masses

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## TONIFY LUNG QI

### Yu Ping Feng San (Q048)

玉屏风散

**Formula Principles:** Supports immunity and tonifies Wei Qi, boosts Qi, consolidates the Exterior, and arrests sweating, stabilizes the Exterior

**Ingredients:**

Fang Feng - Saposhnikovia Root  
 Huang Qi (Mi) - Astragalus Root (Processed)  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)

**TCM Pattern:**

- Compromised immunity with Qi deficiency
- Deficient constitution and deficient Wei Qi
- Vulnerable to external Wind pathogens
- Spontaneous sweating due to Wei Qi deficiency
- Exterior deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Mian Yi Tang (M013-C)

免疫汤

**Formula Principles:** Supports immunity and tonifies Wei Qi and Lung Qi, consolidates the Exterior, stabilizes the Exterior, promotes healing

**Ingredients:**

Dang Shen - Codonopsis Root  
 Huang Qi (Mi) - Astragalus Root (Processed)  
 Bai Zhu - White Atractylodes Rhizome  
 Huang Jing (Jiu Zhi) - Polygonatum Rhizome (Processed)  
 Dan Shen - Salvia Root  
 Sha Shen (Bai) - Glehnia Root  
 Shu Di Huang - Rehmannia Root (Processed)  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Xian Ling Pi - Epimedium Herb

**TCM Pattern:**

- Compromised immunity with Lung Qi deficiency, weak constitution, and deficient Wei Qi, vulnerable to external Wind pathogens, Exterior deficiency

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

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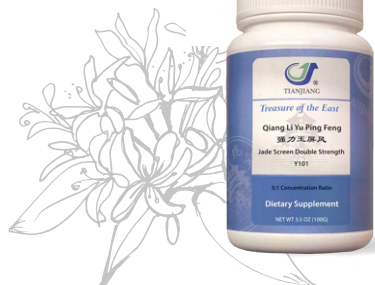
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## TONIFY QI

### Ren Shen Yang Rong Tang (R025)

人参养荣汤

**Formula Principles:** Tonifies Qi, nourishes the Blood, warms Yang, strengthens the Spleen and Lungs, nourishes the Heart, calms the Shen

**Ingredients:**

Huang Qi - Astragalus Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fu Ling - Poria  
 Shu Di Huang - Rehmannia Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Bai Shao (Chao) - White Peony Root (Processed)  
 Rou Gui - Cassia Bark  
 Wu Wei Zi (Cu Zhi) - Schisandra Berry (Processed)  
 Yuan Zhi (Zhi) - Polygala Root (Processed)  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Bai Shen - Ginseng Root  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Qi, Yang, Heart and Spleen Qi and Blood deficiency due to overexertion

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Si Jun Zi Tang (S160)

四君子汤

**Formula Principles:** Boosts Qi and fortifies the Spleen and Stomach

**Ingredients:**

Bai Shen - Ginseng Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fu Ling - Poria  
 Gan Cao (Mi) - Licorice Root (Processed)

**TCM Pattern:**

- Spleen Qi deficiency
- Heart Qi deficiency
- Lung and Spleen Qi deficiency
- Heart and Lung Qi deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Shi Quan Da Bu Tang (S115)

十全大补汤

**Formula Principles:** Replenishes Yang, warms and tonifies Qi and Blood

**Ingredients:**

Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fu Ling - Poria  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Bai Shen - Ginseng Root  
 Chuan Xiong - Chuanxiong Rhizome  
 Bai Shao (Chao) - White Peony Root (Processed)  
 Shu Di Huang - Rehmannia Root (Processed)  
 Huang Qi - Astragalus Root  
 Rou Gui - Cassia Bark

**TCM Pattern:**

- Qi, Blood and Yang deficiency with cold
- Fatigue due to Qi
- Blood deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## FORMULA COMBINATIONS

Did you know you can combine formulas for even more TCM action options? For example:

- **Bu Zhong Yi Qi Tang + Si Wu Tang** for combination Qi and Blood deficiency
- **Suan Zao Ren + Si Wu Tang** for Blood deficiency-type sleep disorders
- **Xiao Yao Wan + Chai Hu Jia Long Mu Li Tang** for Liver Qi stagnation related to mood imbalance



## TONIFY QI (CONTINUED)

### Liu Jun Zi Tang (L055)

六君子汤

**Formula Principles:** Tonifies Qi, Strengthens the Spleen and Stomach, Transforms Phlegm, Dries Dampness, Circulates Qi, Harmonizes the Middle Jiao

**Ingredients:**

Dang Shen - Codonopsis Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fu Ling - Poria  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Stomach Qi Deficiency
- Spleen and Stomach Qi Deficiency with Phlegm-Damp Retention

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Qiang Li Yu Ping Feng (Y101)

强力玉屏风

**Formula Principles:** Support the immunity, clear away Heat and pathogen toxins, eliminate Dampness, plague evil.

**Ingredients:**

Huang Qi - Astragalus Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fang Feng - Saposhnikovia Root  
 Guan Zhong - Male Fern Rhizome  
 Jin Yin Hua - Honeysuckle Flower  
 Pei Lan - Eupatorium Herb  
 Chen Pi (Chao) - Tangerine Peel (Processed)

**TCM Pattern:**

- Insufficient defensive Qi
- Compromised immunity
- Excessive Dampness
- Used for front-line defense to mobilize the Wei Qi to resist external plague evil

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

## TONIFY SPLEEN

### Gui Pi Tang (G048)

归脾汤

**Formula Principles:** Augments Qi, Nourishes the Blood, Strengthens the Spleen, Nourishes the Heart

**Ingredients:**

Huang Qi (Mi) - Astragalus Root (Processed)  
 Bai Zhu - White Atractylodes Rhizome  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Fu Shen - Poria Mushroom with Hostwood  
 Yuan Zhi (Zhi) - Polygala Root (Processed)  
 Suan Zao Ren (Chao) - Spiny Jujube Kernel (Processed)  
 Chuan Mu Xiang - Vladimiria Root  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit  
 Dang Gui - Chinese Angelica Root  
 Long Yan Rou - Longan Flesh  
 Bai Shen - Ginseng Root

**TCM Pattern:**

- Spleen Not Governing Blood
- Heart Blood Deficiency, Heart (Blood) and Spleen (Qi) Deficiency due to worry
- Atrophy disorder due to Spleen and Stomach Qi Deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Xiang Sha Liu Jun Zi Tang (X105)

香砂六君子汤

**Formula Principles:** Tonifies Qi, strengthens the Spleen, harmonizes the Stomach, regulates Qi and alleviates pain

**Ingredients:**

Bai Shen - Ginseng Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Fu Ling - Poria  
 Gan Cao - Licorice Root  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Ban Xia (Fa) - Pinellia Rhizome (Processed)  
 Chuan Mu Xiang - Vladimiria Root  
 Sha Ren - Amomum Fruit

**TCM Pattern:**

- Spleen Qi deficiency with phlegm Damp
- Stomach Qi deficiency and pain due to coldness

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## TONIFY SPLEEN (CONTINUED)

### Bu Zhong Yi Qi Tang (B120)

补中益气汤

**Formula Principles:** Tonifies Middle Jiao Qi, Boost Qi, Regulates Qi, Raises Sunken Yang, Lifts prolapsed organs

**Ingredients:**

Huang Qi - Astragalus Root  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Dang Gui - Chinese Angelica Root  
 Chen Pi (Chao) - Tangerine Peel (Processed)  
 Sheng Ma - Cimicifuga Rhizome  
 Chai Hu - Bupleurum Root  
 Bai Zhu (Chao) - White Atractylodes Rhizome (Processed)  
 Bai Shen - Ginseng Root

**TCM Pattern:**

- Central Qi Sinking, Spleen Not Governing Blood
- Spleen and Lung Qi Deficiency, Collapse of middle warmer Qi

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Shen Ling Bai Zhu San (S055)

参苓白术散

**Formula Principles:** Boosts Qi and fortifies the Spleen, drains Dampness and arrests diarrhea

**Ingredients:**

Lian Zi - Lotus Seed  
 Yi Ren - Coix Seed  
 Sha Ren - Amomum Fruit  
 Jie Geng - Platycodon Root  
 Bai Bian Dou (Chao) - Lablab Bean (Processed)  
 Fu Ling - Poria  
 Gan Cao - Licorice Root  
 Bai Zhu - White Atractylodes Rhizome  
 Bai Shen - Ginseng Root  
 Shan Yao - Dioscorea Rhizome

**TCM Pattern:**

- Spleen deficiency with excessive Dampness accumulation
- Dampness due to Spleen Qi deficiency
- Atrophy disorder due to Spleen and Stomach Qi deficiency

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

## WARM INTERIOR

### Dang Gui Si Ni Tang (D060)

当归四逆汤

**Formula Principles:** Warms the Channels, Disperses Cold, Nourishes the Blood, Remove the Blood Stasis

**Ingredients:**

Dang Gui - Chinese Angelica Root  
 Gui Zhi - Cinnamon Twig  
 Bai Shao - White Peony Root  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Da Zao - Jujube Fruit  
 Ze Xie - Alisma Rhizome

**TCM Pattern:**

- Cold in the Channels due to Blood Deficiency
- Jue Yin Cold

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily

### Huang Qi Jian Zhong Tang (H050)

黄芪建中汤

**Formula Principles:** Warms and tonifies the Spleen and Stomach, Replenishes Qi, Harmonizes the Interior, Alleviates Stomach pain

**Ingredients:**

Huang Qi (Mi) - Astragalus Root (Processed)  
 Bai Shao - White Peony Root  
 Gui Zhi - Cinnamon Twig  
 Gan Cao (Mi) - Licorice Root (Processed)  
 Sheng Jiang - Ginger  
 Da Zao - Jujube Fruit

**TCM Pattern:**

- Severe Stomach Qi Deficiency
- Spleen Yang Deficiency
- Deficiency Cold of the Middle Jiao

**Granule Dosage:** Mix 5g in hot water and drink as tea, 2-3 times daily

**Capsule Dosage:** 4-6 capsules, 2-3 times daily



## HOW TO CHOOSE TOP QUALITY HERBAL GRANULES

Herbal granules are concentrated extracts made from fresh, raw herbs. High-quality granules dissolve quickly in hot water and can be taken as an herbal tea, like traditional decoctions. An academic study was conducted with 7,035 participants from 51 randomized controlled trials to compare the use of granules with traditional raw herbal decoctions. The study showed that 74.5% found the efficacy of granules similar to traditional decoctions, and 11.8% reported that the therapeutic efficacy of granules was significantly *better* than conventional decoctions. Of course, getting the best clinical results possible means selecting only the highest quality extracts for your practice. To choose the best quality granules, there are several important factors to keep in mind:

### **SUPERIOR RAW MATERIALS**

Top-quality granules are sourced from superior raw herbs based on their geo-authentic region, materials are selected based on the laboratory analysis of active ingredients, contaminants in soil and water, and the traceability of the cultivation conditions like seeding, growing, and harvesting. The raw materials are sustainably grown, ethically wild-sourced, and comply with Good Agricultural Collection Practices.

### **NEW TECHNOLOGY OF EXTRACTION**

Modern technology produces granules that dissolve easily and emulates a traditional decoction when mixed into hot water. Tianjiang Pharmaceutical owns the patents and the technology that uses only purified water to replicate traditional decoction, uses low temperatures to allow for maximum concentration without damage to delicate constituents, and captures and re-introduces essential oils to maximize flavor, all of which represents the newest technology of extraction in the industry.

### **BOTANICAL IDENTITY**

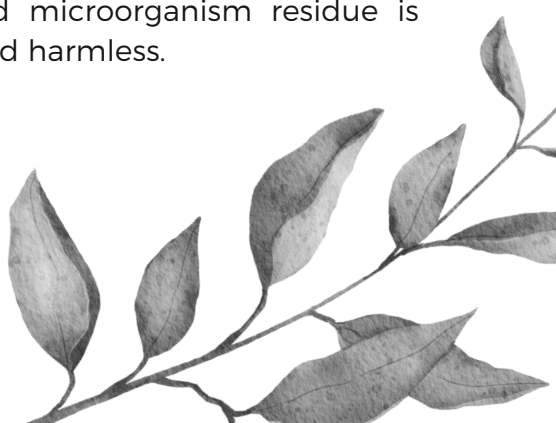
Botanical identity is ensured based on TLC and HPLC testing, microscopy, and traditional macroscopic assessments that have been extensively conducted from the farm to the finished granule product.

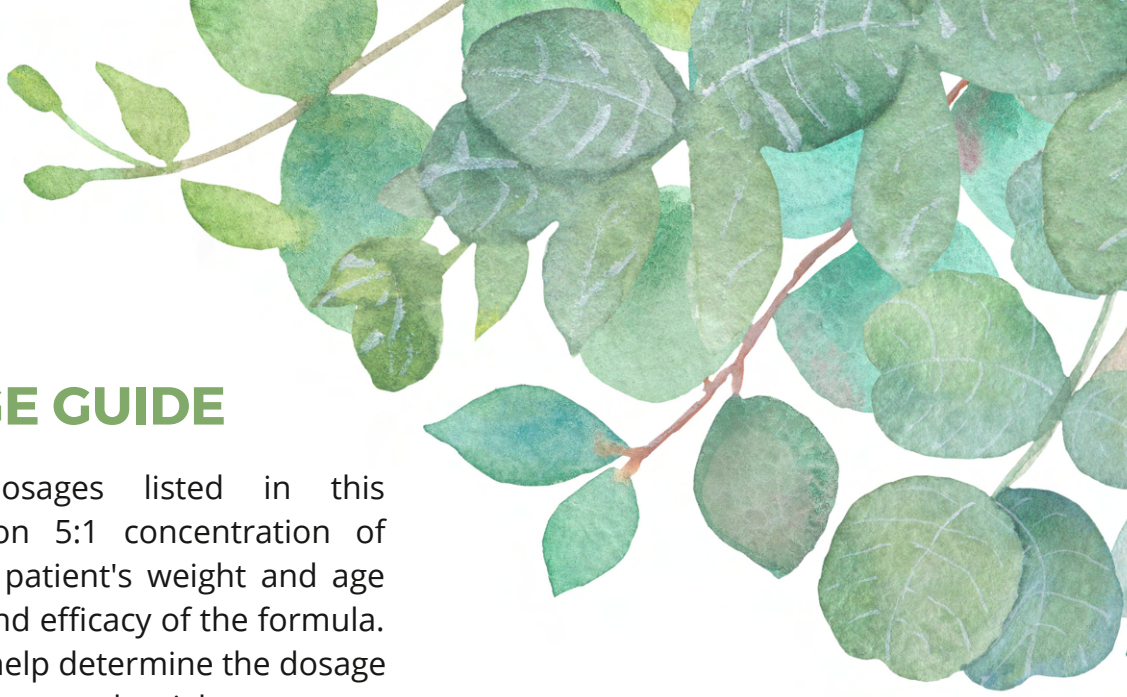
### **OPTIMIZED EXTRACTION**

Ideal decoction time, temperature, water-to-herb ratio, Pao Zhi method, and maximum concentration ratio are all considered to optimize the extraction process.

### **SAFETY**

The granule products are used safely by large numbers of consumers and comprehensive authenticity tests in purity and potency are proven to be safe. Products pass all heavy metal testing, and microbiology testing confirms that any pesticide and microorganism residue is minuscule and harmless.





## DAILY DOSAGE GUIDE

The recommended dosages listed in this handbook are based on 5:1 concentration of granule formulations. A patient's weight and age affect the daily dosage and efficacy of the formula. Below are two tables to help determine the dosage to recommend based on age and weight.

### FOR CHILDREN UNDER 18 YEARS

#### AGE WEIGHT % OF DOSE

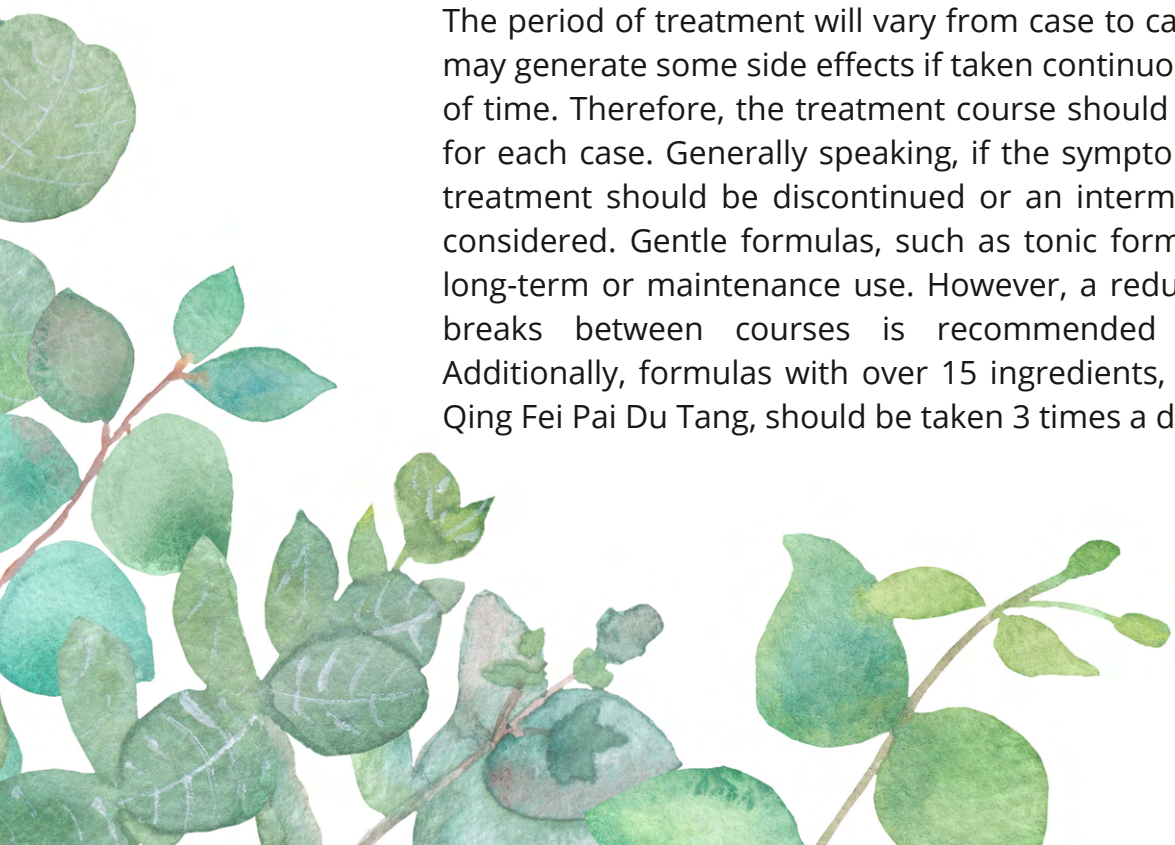
1 – 2 yrs	30-40 lbs	20-27%
2 – 4 yrs	40-50 lbs	27-33%
4 – 6 yrs	50-60 lbs	33-40%
6 – 9 yrs	60-70 lbs	40-47%
9 – 14 yrs	70-80 lbs	47-53%
14 – 18 yrs	80-100 lbs	53-67%

### FOR ADULTS OVER 18 YEARS

#### WEIGHT % OF DOSE

100-120 lbs	67-80%
120-150 lbs	80-100%
150-200 lbs	100-130%
200-250 lbs	130-167%
250+ lbs	167-200%

The period of treatment will vary from case to case. Stronger formulas may generate some side effects if taken continuously over long periods of time. Therefore, the treatment course should be carefully designed for each case. Generally speaking, if the symptoms are alleviated, the treatment should be discontinued or an intermittent plan should be considered. Gentle formulas, such as tonic formulas, are suitable for long-term or maintenance use. However, a reduced dosage or taking breaks between courses is recommended for long-term use. Additionally, formulas with over 15 ingredients, like Bi Tong Ling and Qing Fei Pai Du Tang, should be taken 3 times a day.



# ABOUT THE AUTHOR



Dr. Ann Wang has studied both Western and Eastern Medicine and has served as a teaching physician in the teaching hospital at Shandong University of Traditional Chinese Medicine (TCM) in China. Before coming to the United States, she also practiced Integrative Medicine as both a Western Medicine and Eastern Medicine practitioner.

Dr. Wang's background, previous training, and experience integrating both conventional and complimentary medicine practices in China, directly inspired her to establish the Integrative Medicine Center in the United States.