

FREQUENTLY ASKED QUESTIONS

Q What is special about Spring Wind brand concentrated granules?

The best bulk herbs make the best concentrated granules.

Spring Wind is known for the most thorough testing protocols and standards in the industry. Our granules are tested for approximately 300 pesticide residues (insecticides, fungicides and herbicides) and we only accept a none-detected result. As required by GMP standards, the products are also tested for microbe contamination and heavy metal content. In addition, we test aflatoxin susceptible herbs for aflatoxin contamination.

Purity you can count on (and verify).

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Transparency you can see.

A Certificate of Analysis (COA) will be posted on our website for each product in our granule line. Practitioners can view these documents including the pesticide testing results. We chose our manufacturer

We only sell products we would confidently give to our patients, friends and family. The Spring Wind granule line has been long in coming precisely because of the strict standards we demand for our patients and yours.

because they are willing to share this information with us. Concentration ratios, results from aflatoxin and heavy metal testing, extract to carrier ratios, and which products are concentrated and which are not; all this information is clearly presented. If you have questions, call us: we will tell you the truth about our processes and testing without obfuscation or misleading statements.

A company of practitioners and for practitioners.

We live and breathe Chinese medicine. We only sell products we would confidently give to our patients, friends and family. The Spring Wind granule line has been long in coming precisely because of the strict standards we demand for our patients and yours.

Q What is the concentration ratio of the concentrated granules?

This is an extremely complex issue as the concept of concentration ratio is not as straight forward as it might seem. Most companies use a source-herb to final-product ratio to explain the concentration of their products. The claim is that 5 kilograms of bulk herbs are used to make one kilogram of concentrated granule, thus yielding a 5:1 concentration ratio. From this, it would follow that the proper dosage of granule would be one-fifth of the amount one would have used for the bulk herb in a decoction. While seemingly logical, this reasoning does not hold up under scrutiny.

The first hint that this reasoning is faulty is that technically, it is not possible to make all concentrated granules as 5:1 source-herb to final-product ratio concentrated granules. Some herbs put though the extraction-concentration-granulation process will yield a 20:1 extract and some will yield a 2:1 extract. Many items are 3:1 or 4:1 but higher and lower concentrations are also common. In general, thick sticky herbs like Shu Di Huang (Processed Rehmannia) have low concentration ratios because they produce a very viscous extract and good deal of carrier needs to be added to the concentrated extract in order to make a stable granule.

On the other hand, herbs like Sang Zhi (Mulberry twig) produce an

extract that is not at all viscous and high source-herb to final-product extraction ratios like 20:1 are possible because little carrier is needed to produce a stable granule and thus carrier does not dilute the ratio. While it is possible to add a large amount of carrier and thus reduce a 20:1 extract ratio to a 5:1 extract, there is nothing that can be done to increase a 2:1 extract to a 5:1 source-herb to final-product extract. Thus, despite what has been claimed, the 5:1 source-herb to final-product extract is a myth

Spring Wind will not perpetuate this myth. Our single-herb extracts are optimally extracted and then concentrated and made into granules. Each herb has a different extraction ratio. These range from 2:1 to 20:1. How then are practitioners to dose the single-herb extracts? Please see the next question below for suggestions. (Please note that this discussion is about single herbs. Formulas require a separate discussion.)

Q If all single-herb extracts are different concentration ratios how is dosing calculated?

Even if the 5:1 source-herb to final-product extract claim was accurate, the dosing regimen based on it is very

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questionable. This is because of the assumption that the liquid extract obtained at home from 10 grams of a bulk herb cooked on the stove is somehow equivalent to 2 grams of that same 10 grams of bulk herb made into a concentrated granule. That logic ignores the fact that the concentrated granule is extracted in a closed system, concentrated to a thick syrup from which almost all the remaining water is then extracted as the residue is mixed with a carrier to produce a granule. Certainly, we are comparing two different items here. One is a freshly cooked liquid decoction and the other a highly processed granule meant to be stored for years. There are too many unknowns to draw a useful conclusion about the equivalency of these two forms of herbs. For example, how much more efficient is the extraction process that takes place in a closed system with carefully controlled temperature than the decoction

cooked by a patient on his or her stove. What effect does the concentration process have on the efficacy of the extract? More importantly, what happens to the extract when all the water is removed and carrier is added? It is certain that the complex processing done to the granules influences their composition and effectiveness; it is just as certain that the impact of this processing differs for different herbs.

Since concentrated granules are essentially a different product form than bulk Chinese herbs they require their own dosing method.

We suggest the method of dosing that has been used in Taiwan for almost 50 years (Taiwan and Japan were the pioneers of concentrated granules). This is outlined in the introduction to both *Formulas and Strategies* (second edition) and *Notes from South Mountain*. Please see those books for further information. We will post an article outlining a version of the methods outlined in those texts on our website when we begin to sell our granule line.

NOTE that concentration ratios of formulas require a different discussion. We will have complete information on this posted on our website.

HOW TO ORDER

Orders may be place though: www.springwind.com
Phone: 510-849-1820 • Fax: 510-849-4886



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Exceptional Quality Since 1992

2401 Merced St, Ste 105, San Leandro, CA 94577
510-849-1820 • www.springwindherbs.com



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INTRODUCING OUR NEW LINE OF PRODUCTS:
SPRING WIND HERB GRANULES

FOR MANY YEARS Spring Wind has wanted to bring a line of granules to the practitioner market. Our dream has been to create a product line that has the same quality and purity as our Spring Wind bulk herbs. We discussed this idea with many manufacturers, but were unable to find one who was able and willing to meet the strict requirements that we put forth. To our delight, our primary supplier for bulk herbs stepped forward and worked with us to create a product that is made from herbs of the same

quality as our bulk herbs. This means using Spring Wind quality bulk herbs, processing them as carefully as are our bulk herbs and testing each lot of product for microbes, heavy metals, aflatoxins (where appropriate), and a large range of pesticides.

Concentrates and extracts dissolve completely.





ABOUT SPRING WIND HERBS

SPRING WIND HERBS was founded in 1992 by Andrew Ellis. The company specialized in providing the very best bulk herbs to practitioners of Chinese medicine and continues to do so to the present time. Emphasis has always been on proper species identification, herb quality (including the growing

location of the herb and organoleptic means of determining quality), and safety (including introducing responsible pesticide testing into the industry). Spring Wind is also known for its effective line of products for external use including liniments, ointments, lip balms, soaps, compresses and plasters.

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DEDICATION TO QUALITY AND TRANSPARENCY

SPRING WIND is a company owned and operated by practitioners. We put our business interests second to concern for the profession. This leads us to be transparent in our presentation and marketing.

PESTICIDE TESTING & REPORTS

Spring Wind posts the results of pesticides testing on their website so that practitioners can see that only herbs that have *no detected pesticides* are accepted (any exceptions are clearly indicated). Practitioners can see the list of pesticides, the detection levels and the testing results for each lot. We feel that it is insufficient to simply declare that we test our products for pesticides. It is vital to discuss what is done if some are found and it is also vital to make the actual pesticide tests available for perusal. Further, Spring Wind tests each lot of herbs, not just random lots. This type of information is important and should be clearly stated.

CONCENTRATES & HERB EXTRACTS

Some items, like Chuan Bei Mu (Fritillaria), are too expensive to make as a concentrated granules and some like (A Jiao, Donkey Hide Gelatin) do not lend themselves to the extraction and concentration processes. These herbs

GRANULATION PROCESS

- 1 Raw Material Verification
- 2 Herb Preparation
- 3 Extraction
- 4 Vacuum Concentration
- 5 Granulation
- 6 Final Product Testing

are simply ground to a powder and granulated. For dosing and therapeutic purposes, it is important for practitioners to know which products are concentrated and which are simply ground-up herbs. In the Spring Wind granule line substances that are not extracted and concentrated are clearly marked as such and have a different color label than items that are concentrated herb extracts.

AFLATOXIN TESTING

Aflatoxin testing is essential as it is important to keep these carcinogens within an acceptable range. Spring Wind tests a great many herb granules for aflatoxins and this information is also posted for practitioners to reference. While high aflatoxin levels are most common in seeds and grains, certain non-grain and non-seed herbs are also subject to high aflatoxin levels.

OUR MANUFACTURING PARTNER

Spring Wind does not manufacture concentrated granules. We work with our trusted partner, Huisong Pharmaceuticals. We make no attempt to falsely imply that Spring Wind is a manufacturer with a manufacturing facility, a fully equipped laboratory, and a staff of hundreds of trained professionals. Our job is to hold our supplier to the high standards we have laid out above.

** Aflatoxin testing is done on any item we think might be subject to this toxin. This includes seeds, grains and other susceptible products. We have an ever-expanding list of herbs we test.*



ABOUT OUR GRANULES

OUR GRANULES are produced by Huisong Pharmaceuticals in Hangzhou China. For many years they have been Spring Wind's primary supplier of bulk herbs. Huisong began in 1993 as Farfavour Enterprises and evolved into a Sino-Japanese joint venture in 1998.

Huisong provides concentrated granule products for several hospitals in China. Thus, they have honed the quality of their products with feedback they have received from the doctors in the hospitals and clinics that they supply. Huisong's research and development department is constantly looking for ways to improve their products through modifications of the procedures employed for each herb (cooking temperature, cooking time, soaking time etc.)

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The factory is GMP certified (State Food and Drug Administrations of both Japan and China) and has certifications for both Halal and Kosher. The company also is ISO 9001 Certified (sets out and verifies criteria for a quality management system) and HACCP Certified (Hazard Analysis and Critical Control Points related to food safety).



The Huisong factory is GMP certified along with certifications for ISO 9000, Halal and Kosher.

