



Empirical  
Health

Reviving Ancient Traditions



# POWDERS

## *Powders are >*

Whole, raw, organic herbs lovingly ground into a fine powder creating a supreme classical Chinese herbal medicine formula. zero excipients, zero additives, just herbs!

Based on traditional preparation methods used by herbalists for thousands of years, powders are a versatile administration technique to optimise efficacy.

## *Australian Certified Organic >*

Empirical Health is the first and only supplier of Australian certified organic Chinese medicinal herbs.

## *Classical Chinese Medicine >*

We believe in Reviving Ancient Traditions, drawing on 2000+ year old classical Chinese medicine texts as our guide. All our formulas adhere to these ancient texts, providing the most authentic Chinese herbal medicine available today.





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# BU ZHONG YI QI TANG

补中益气汤

Premium herbs lovingly ground into a fine powder, creating a supreme classical Chinese medicine formula.

*Traditionally used to >*

Tonify Qi and blood, strengthen the Spleen and raise Yang. Clinical indications include >

- |                               |   |
|-------------------------------|---|
| Chronic Fatigue               | ✓ |
| Organ Prolapse                | ✓ |
| Post-operative or Postpartum  | ✓ |
| Chronic Respiratory Disorders | ✓ |



*Conditions >*

- Chronic fatigue or weakness due to deficiency of Qi and Blood.
- Organ prolapse due to sinking Yang with Qi and Blood deficiency.
- COPD with underlying Qi and Blood deficiency and a weak Spleen.

*Serving Suggestions >*

Mix 1-2 tbsp of powder in 300ml of boiling water and let sit overnight. Strain and drink 100ml warm 3 x daily, or as otherwise directed by your health care professional.

## Traditional Understanding >

The Spleen sits at the centre of the organ system in Chinese Medicine and is responsible for ascending the clear, nutritive products of our digestion, and for keeping blood and other body fluids within their vessels. Through supporting digestive function, Bu Zhong Yi Qi Tang aids the body to generate more Qi and Blood and provides strength and support to conditions of organ prolapse.

## Let's Get Technical >

Bu Zhong Yi Qi Tang is a safe and effective adjunctive therapy in the treatment of pelvic organ prolapse and chemotherapy-related fatigue.

It exhibits immunomodulatory and anti-inflammatory effects in the treatment of asthma, allergic rhinitis and stable COPD, with studies demonstrating improvements in clinical symptoms, exercise capacity, lung function and overall quality of life.

## Clinical Notes >

Bu Zhong Yi Qi Tang can be used to help prevent the side-effects of chemotherapy or radiotherapy, especially in those patients with a weak Spleen. Signs of a weak Spleen include weak muscle tone, low voice, shallow breathing, poor appetite, loose stools or chronic fatigue. Be mindful that this formula is not suitable when there are obvious signs of dampness.

## Ingredients >

Radix Astragali (Huang Qi), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Radix Bupleuri (Chai Hu), Radix Angelicae Sinensis (Dang Gui), Radix Ginseng (Ren Shen (Bai)), Rhizoma Cimicifugae (Sheng Ma), Pericarpium Citri Reticulatae (Chen Pi), Radix Glycyrrhizae Preparata (Zhi Gan Cao).

## Precautions >

During pregnancy, always consult with a qualified healthcare practitioner before taking herbal medicines and nutritional supplements. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



[1] Chen Z, Huang H, Chen QY. [Effect of modified Buzhong Yiqi decoction combined with pelvic floor muscle exercise-biofeedback-electrical stimulation on early stage postpartum pelvic floor dysfunction]. Zhongguo Zhong Yao Za Zhi. 2018 Jun;43(11):2391-2395. Chinese. doi: 10.19540/j.cnki.cjcm.20180305.001. PMID: 29945396. [2] Chen Y, Shergis JL, Wu L, Yu X, Zeng Q, Xu Y, Guo X, Zhang AL, Xue CC, Lin L. A systematic review and meta-analysis of the herbal formula Buzhong Yiqi Tang for stable chronic obstructive pulmonary disease. Complement Ther Med. 2016 Dec;29:94-108. doi: 10.1016/j.ctim.2016.09.017. Epub 2016 Sep 15. PMID: 27912964. [3] Zhang X, Qiu H, Li C, Cai P, Qi F. The positive role of traditional Chinese medicine as an adjunctive therapy for cancer. Biosci Trends. 2021 Nov 21;15(5):283-298. doi: 10.5582/bst.2021.01318. Epub 2021 Aug 20. PMID: 34421064.

# DANG GUI SHAO YAO SAN

當歸芍藥散

Premium herbs lovingly ground into a fine powder, creating a supreme classical Chinese medicine formula.

*Traditionally used to >*

Nourish Blood and invigorate Blood circulation to transform stasis and alleviate pain. Soften the Liver, support the Spleen and promote water metabolism. Clinical indications include >

Dysmenorrhoea

Abdominal Pain during Pregnancy

Gynaecological or Urological disorders

Neurodegenerative Disease

✓

✓

✓

✓



*Conditions >*

- Abdominal pain and fluid retention during pregnancy due to Liver and Spleen disharmony.
- Abdominal cramping, dysmenorrhoea or constipation due to blood and fluid deficiency.
- Infertility or miscarriage due to dysfunctional blood circulation and fluid metabolism.
- Poor memory due to blood deficiency, dryness and stagnation.

*Serving Suggestions >*

MODERN >

Mix 1-2 tbsp of powder in 300ml of boiling water and let sit overnight. Strain and drink 100ml warm 3 x daily, or as otherwise directed by your health care professional.

CLASSICAL >

Mix 2 teaspoons of powder with 100ml of warm water and 15ml of rice wine and drink. Repeat 3 x daily, or as otherwise directed by your health care professional.

## Traditional Understanding >

Traditionally prescribed to pregnant women, this time-tested formula can be safely used to support a healthy pregnancy. The herbs combine to nourish blood, gently invigorate the blood and shift stagnant water. It is ideal for those with a blood deficient constitution combined with signs of water accumulation such as urinary dysfunction, bloating, swelling or dizziness.

## Let's Get Technical >

Dang Gui Shao Yao San exhibits anti-inflammatory, neuroprotective, and immunoregulatory effects and may also regulate hormones through its influence on endocrine receptors.

Research also suggests that Dang Gui Shao Yao San can ameliorate the amyloidosis and neuronal degeneration of Alzheimer's disease.

## Clinical Notes >

Originally a gynaecological formula, Dang Gui Shao Yao san can also be used for urological conditions such as prostatic hyperplasia. Dang Gui Shao Yao San can be used to increase fertility. This formula is suitable when there is a mild degree of blood stagnation.

## Ingredients >

Radix Paeoniae Rubra (Chi Shao), Rhizoma Alismatis (Ze Xie), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Poria (Fu Ling), Rhizoma Chuanxiong (Chuan Xiong), Radix Angelicae Sinensis (Dang Gui).

## Precautions >

During pregnancy, always consult with a qualified healthcare practitioner before taking herbal medicines and nutritional supplements. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



[1] Shen AY, Wang TS, Huang MH, Liao CH, Chen SJ, Lin CC. Antioxidant and antiplatelet effects of dang-gui-shao-yao-san on human blood cells. *Am J Chin Med.* 2005;33(5):747-58. doi: 10.1142/S0192415X05003351. PMID: 16265987. [2] Lee HW, Jun JH, Kil KI, Ko BS, Lee CH, Lee MS. Herbal medicine (Danggui Shaoyao San) for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials. *Maturitas.* 2016 Mar;85:19-26. doi: 10.1016/j.maturitas.2015.11.013. Epub 2015 Dec 2. PMID: 26857875. [3] Hua YQ, Su SL, Duan JA, Wang QJ, Lu Y, Chen L. Danggui-Shaoyao-San, a traditional Chinese prescription, suppresses PGF2alpha production in endometrial epithelial cells by inhibiting COX-2 expression and activity. *Phytomedicine.* 2008 Dec;15(12):1046-52. doi: 10.1016/j.phymed.2008.06.010. Epub 2008 Aug 15. PMID: 18707853.

\*These statements have not been evaluated by the TGA and FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

# GUI PI TANG

归脾汤

Premium herbs lovingly ground into a fine powder, creating a supreme classical Chinese medicine formula.

## Traditionally used to >

Strengthen the Spleen and nourish the Heart; tonify Qi and Blood and calm the Shen.

Clinical indications include >

Insomnia	✓
Anxiety	✓
Anaemia	✓
Qi and Blood Deficiency	✓



## Conditions >

- Insomnia due to Spleen Qi and Heart Blood deficiency
- Anxiety due to Spleen Qi and Heart Blood deficiency
- Anaemia due to Blood and nutrient deficiency.

## Serving Suggestions >

Mix 1-2 tbsp of powder in 300ml of boiling water and let sit overnight. Strain and drink 100ml warm 3 x daily, or as otherwise directed by your health care professional.



## Traditional Understanding >

Gui Pi Tang is a Qi and Blood tonic, acting primarily on the Spleen and Heart. Excessive worry, over-thinking or long hours of unrelenting mental activity can weaken the Spleen. The Spleen Yang is responsible for transforming our food into nutritive Blood. Insufficient blood affects the function of our Heart, and insomnia and other nerve related symptoms arise as our Shen, or spirit, is unable to rest.

## Let's Get Technical >

A systematic review of high-quality trials indicates that Chinese herbal medicine improves subjective sleep quality and quantity in people with insomnia, and frequency of adverse events is less than that associated with pharmaceutical medication. There is also some evidence to suggest a positive effect on patients with both hypertension and depression.

## Clinical Notes >

Look out for signs of Spleen Qi deficiency such as pale complexion, weak muscle tone, low voice, shallow breathing, poor appetite, loose stools or chronic fatigue. As Spleen Qi has a role in holding blood, deficiency may also lead to bleeding conditions, such as easily bruising, bleeding gums, nosebleeds, or uterine bleeding.

## Ingredients >

Rhizoma Atractylodis Macrocephalae (Bai Zhu), Radix Astragali Preparatum (Chao Huang Qi), Semen Ziziphi Spinosae Preparatum (Chao Suan Zao Ren), Radix Angelicae Sinensis (Dang Gui), Poria Cocus (Fu Shen), Arillus Longan (Long Yan Rou), Radix Ginseng (Ren Shen), Cortex et Radix Polygalae Preparatum (Zhi Yuan Zhi), Fructus Jujubae (Da Zao), Radix Aucklandiae (Mu Xiang), Rhizoma Zingiberis (Sheng Jiang), Radix Glycyrrhizae Preparatum (Zhi Gan Cao).

## Precautions >

During pregnancy, always consult with a qualified healthcare practitioner before taking herbal medicines and nutritional supplements. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



[1] Ni X, Shergis JL, Guo X, Zhang AL, Li Y, Lu C, Xue CC. Updated clinical evidence of Chinese herbal medicine for insomnia: a systematic review and meta-analysis of randomized controlled trials. *Sleep Med.* 2015 Dec;16(12):1462-81. doi: 10.1016/j.sleep.2015.08.012. Epub 2015 Sep 5. PMID: 26611943.

[2] Li HC, Yang YL, Yang XQ, Li QB, Wang Y, Zhu H, Tian X, Chen XG. [Effect of Modified Guipi Decoction on Blood Pressure and Quality of Life in Hypertension Patients Complicated Depression]. *Zhongguo Zhong Xi Yi Jie He Za Zhi.* 2016 Feb;36(2):172-8. Chinese. PMID: 27078992.

# SI WU TANG

四物汤

Premium herbs lovingly ground into a fine powder, creating a supreme classical Chinese medicine formula.

*Traditionally used to >*

Tonify and regulate the Blood.

Clinical indications include >

Anaemia	✓
Amenorrhoea	✓
Dry Skin and Hair	✓
Immune-boosting	✓



*Conditions >*

- Amenorrhoea or irregular menstruation due to Blood deficiency.
- Dizziness, blurred vision, dry skin, pale nails, or lustreless hair due to Blood deficiency.
- Anaemia due to Blood and nutrient deficiency.

*Serving Suggestions >*

Mix 1-2 tbsp of powder in 300ml of boiling water and let sit overnight. Strain and drink 100ml warm 3 x daily, or as otherwise directed by your health care professional.

## Traditional Understanding >

Si Wu Tang regulates the Blood by strongly nourishing and gently moving Blood. As a Blood tonic, Si Wu Tang assists various conditions arising from the deficiency of the warming, nourishing, oxygenating and moistening properties of healthy blood.

The formula is commonly used in combination with other individual herbs or formulas to hone its effect.

## Let's Get Technical >

Si Wu Tang promotes haematopoiesis and immune function. It may also have an influence on bone formation and has exhibited protective effects against radiation-induced cell damage.

## Clinical Notes >

Si Wu Tang can be used for many types of Blood disorders, including blood loss, blood deficiency and mild cases of blood stagnation. Unmodified, it is not appropriate in those with a weak Spleen, damp or water accumulation. Research suggests that Si Wu Tang may also be useful to support patients undergoing certain cancer treatments.

## Ingredients >

Radix Rehmanniae Preparatum (Shou Di Huang), Radix Angelicae Sinensis (Dang Gui), Radix Paeoniae (Bai Shao), Rhizoma Chuanxiong (Chuan Xiong).

## Precautions >

During pregnancy, always consult with a qualified healthcare practitioner before taking herbal medicines and nutritional supplements. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



[1] Wu CM, Chen PC, Li TM, Fong YC, Tang CH. Si-Wu-tang extract stimulates bone formation through PI3K/Akt/NF- $\kappa$ B signaling pathways in osteoblasts. *BMC Complement Altern Med.* 2013 Oct 24;13:277. doi: 10.1186/1472-6882-13-277. PMID: 24156308; PMCID: PMC4015792. [2] Liang QD, Gao Y, Tan HL, Guo P, Li YF, Zhou Z, Tan W, Ma ZC, Ma BP, Wang SQ. Effects of four Si-Wu-Tang's constituents and their combination on irradiated mice. *Biol Pharm Bull.* 2006 Jul;29(7):1378-82. doi: 10.1248/bpb.29.1378. PMID: 16819172. [3] Ma J, Liang QD, Ma ZC, Wang YG, Liu M, Lu BB, Tan HL, Xiao CG, Zhang BL, Gao Y. Rehmanniae Radix provides most of the free fructose and glucose in Si-Wu-Tang decoction. *Drug Discov Ther.* 2010 Jun;4(3):179-83. PMID: 22491181.

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# XIAO YAO SAN

逍遥散

Premium herbs lovingly ground into a fine powder, creating a supreme classical Chinese medicine formula.

*Traditionally used to >*

Move the Qi of the Liver to relieve stagnation, nourish the Liver Blood and support the Spleen.

Clinical indications include >

<u>Menstrual Tension</u>	✓
<u>Menstrual Pain</u>	✓
<u>Stress-related Gastrointestinal Disorder</u>	✓
<u>Depression</u>	✓



*Conditions >*

- Premenstrual symptoms such as irritability and breast distension due to Liver Qi stagnation.
- Menstrual cramping due to Liver Qi Stagnation impeding the flow of blood.
- Digestive discomfort, fatigue and stress as a result of Liver Qi stagnation, Liver Blood deficiency and Spleen Qi deficiency.

*Serving Suggestions >*

Mix 1-2 tbsp of powder in 300ml of boiling water and let sit overnight. Strain and drink 100ml warm 3 x daily, or as otherwise directed by your health care professional.



## Traditional Understanding >

Xiao Yao San is a famous, time-tested formula used to address the common manifestations of Liver Qi Stagnation. Free flow of the Liver Qi is essential for healthy distribution of blood throughout the body, and as disorder of the Liver will eventually impact on the Spleen, this formula also contains herbs to support the Spleen and therefore digestive function.

## Let's Get Technical >

Xiao Yao San is a well-studied formula that appears to be effective at improving symptoms in patients with depression. It exhibits anti-inflammatory, neuroprotective, antidepressant and hepatoprotective qualities. Some studies identified an effect on the hippocampus, a deep and complex brain structure involved in learning and memory, neurological and psychiatric disorders. Xiao Yao San has also been shown to be a safe and effective adjunctive therapy for hypertension.

## Clinical Notes >

Xiao Yao San is safe to use long-term. It can resolve stagnation without harming blood or being overly dispersing. In some cases it is applicable for symptomatic relief, alongside other prescriptions which address an underlying or deeper cause.

## Ingredients >

Radix Paeoniae (Bai Shao), Rhizoma Atractylodis Macrocephalae (Bai Zhu), Radix Bupleuri (Chai Hu), Radix Angelicae Sinensis Preparatum (Chao Dang Gui), Poria (Fu Ling), Radix Glycyrrhizae Preparatum (Zhi Gan Cao), Herba Menthae (Bo He), Rhizoma Zingiberis Preparata (Pao Jiang).

## Precautions >

During pregnancy, always consult with a qualified healthcare practitioner before taking herbal medicines and nutritional supplements. Always read the label. Use only as directed. If symptoms persist consult your healthcare practitioner.



[1] Xiong X, Wang P, Duan L, Liu W, Chu F, Li S, Li X, Su K, You H, Xing Y. Efficacy and safety of Chinese herbal medicine Xiao Yao San in hypertension: A systematic review and meta-analysis. *Phytomedicine*. 2019 Aug;61:152849. doi: 10.1016/j.phymed.2019.152849. Epub 2019 Jan 29. PMID: 31035044. [2] Zhang Y, Han M, Liu Z, Wang J, He Q, Liu J. Chinese herbal formula xiao yao san for treatment of depression: a systematic review of randomized controlled trials. *Evid Based Complement Alternat Med*. 2012;2012:931636. doi: 10.1155/2012/931636. Epub 2011 Aug 22. PMID: 21869903; PMCID: PMC3159992. [3] Wei FX, Liu HL, Fan YH, Li XQ, Zhao SJ, Qin XM, Liu XJ. [Mechanism of Xiaoyao San in treatment of depression, breast hyperplasia, and functional dyspepsia based on network pharmacology]. *Zhongguo Zhong Yao Za Zhi*. 2021 Aug;46(16):4230-4237. Chinese. doi: 10.19540/j.cnki.cjcm.20210520.702. PMID: 34467737.



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