



About Our Extracts

Our Formulas

In developing our line of extracts we have chosen the current formulas for two reasons:

1. Classical effective formulas. These are the standard textbook formulas that we have found to be clinically effective in their original unmodified format. We originally made them because we found ourselves prescribing them over and over in the clinic and wanted a version that was of the highest quality, convenient to take and effective.
2. Modified clinical formulas. These are formulas we have developed over the course of years for certain diseases and their common presentations in our clinic. Certain ailments tend to present the same way 80-90% of the time. For these conditions we developed formulas to address these common presentations.

Sourcing Our Herbs

Our first priority in choosing herbs is quality. We only use herbs that have passed the most stringent testing. We use organic herbs whenever possible. Because of these reasons we do not source our herbs from just one distributor. We shop extensively for each batch to source the best herbs available at that moment.

Alcohol

Alcohol is the most effective solvent to make an extract. It removes all active ingredients from the herbs without loss of volatile compounds. It is easy to digest and effects the patient in a seemingly instantaneous way. Other solvents such as oil, glycerin and water are not as effective solvents and not as easily digested.

Because of our unique extraction methods, we are able to keep our alcohol content to a low 25-30%. When added to water, this small amount per dose (less than 1ml) has minimal heating effects and should be agreeable to most patients.

To remove alcohol: Pour ½ cup boiling water over the dose and let sit for 5 minutes. This will evaporate 80% of the alcohol. To remove 95% of the alcohol, place the dose in ½ cup water and simmer for 5 minutes.

Dosage

The appropriate dosage for any condition is highly variable. Factors such as patient age, patient weight, and condition severity will make a significant difference. Our concentrated liquid formulas make adjusting a dose easy for the provider and convenient for the patient to take. Here is a general guideline for average adult doses:

Chronic Conditions - ½-1 tsp	1 - 2x/day
Acute Conditions 2 -3 tsp	2 - 3x/day



Allerfree

Yu Ping Feng Cang Er Zi San	Huang Qi, Bai Zhi, Bai Zhu, Cang Er Zi, Chi Shao, Fang Feng, Huang Qin, Huo Xiang, Lian Qiao, Xin Yin Hua, Jing Jie	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day for mild symptoms. In acute cases, dosage may be increased up to 2 tsp 4x/day, then reduced as the formula takes effect.
This is a combination of two traditional chinese herbal formulas, Yu Ping Feng San and Cang Er Zi San, to dispel wind, tonify wei qi, benefit the nose and stabilize the exterior.		

BaseCamp

Yu Ping Feng San plus Mushrooms	Huang qi, Bai Zhu, Fang feng, Fu Ling, Ling Zhi, Yun Zhi, Wu Rong, Xiang Gu, Elderberry, Wu Wei Zi, Gan cao	This tincture can be administered at any time. A standard dose is 1 tsp 1x/day.
This is a modified version of the classic Yu Ping Feng San. To modernize and strengthen the immune regulating functions of the formula a complex of mushrooms known for immune properties were added along with elderberry and wu wei zi.		

Cerventi

Ge Gen Tang	Ge Gen, Ma Huang, Gui Zhi, Bai Shao, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. If the provider would like to increase the warming effect of this formula, the patient can be instructed to make a cup of fresh ginger tea and add the dose to the tea.
The classic Ge Gen Tang. We find there is no reason to modify this effective and versatile formula.		

Derma Leaf

Wu Wei Xiao Du Yin	Jin Yin Hua, Lian Qiao, Mu Tong, Pu Gong Yin, Ye Ju Hua, Fang Feng, Chan Tui, Chi Shao, Zhi Zi, Sheng Di Huang, Huang Lian, Mu Tong, Da Huang	This tincture can be administered at any time. A standard dose is 2 tsp 2x/day.
This modification of Wu Wei Xiao Du Yin clears heat toxin, drains damp, cools the blood and stops itching.		



Detensio

Yue Ju Wan + Chai Hu Shu Gan San	Chai Hu, Bai Shao, Chuan Xiong, Xiang Fu, He Huan Pi, Yu Jin, Zhi Shi, Chen Pi, Dang Gui, Qing Pi, Shen Qu, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.
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Detensio is a combination of two classic liver stagnation formulas: Chai Hu Shu Gan San and Yue Ju Wan. Together these formulas effectively break stagnant qi, invigorate blood, drain damp, clear heat, resolve food stagnation and release constraint.

Draconis

Chai Hu Long Gu Mu Li Tang	Ban Xia, Chai Hu, Dang Shen, Dai Zhe Shi, Fu Ling, Gui Zhi, Huang Qin, Long Gu, Mu Li, Yuan Zhi, Da huang, Sheng Jiang, Da Zao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.
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This is the classical, unmodified version of Chai Hu Long Gu Mu Li Tang.
This classical formula Calms the spirit, and harmonizes the shao yang.

Equinox

Er Xian Tang	Xian mao, Yin yang huo, Ba ji tian, Dang Gui, Huang bai, Zhi mu, Han lian cao, Nu zhen zi, Mu Li, Long Gu, He Huan Pi, Chuan Lian Zi,	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.
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This modified Er Xian Tang is designed to address the symptoms associated with the changing seasons, tonify kidney, clear deficiency heat and restrain sweating.

Evotus

Yue Ju Wan	Cang Zhu, Chuan Xiong, Shen Qu, Xiang Fu, Zhi Zi	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.
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This classical version of Yue Ju Wan regulates qi, invigorates blood, clears heat, drains damp, resolves food stagnation and releases constraint. It effectively treats the five stagnations.



Febris

Yin Qiao San	Jin Yin Hua, Lian Qiao, Lu Gen, Dan Zhu Ye, Jie Geng, Jing Jie, Niu Bang Zi, Bo He	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.
This is the classic, unmodified Yin Qiao San used to clear wind heat and release the exterior.		

Fortifend

Yu Ping Feng San	Huang Qi, Bai Zhu, Fang Feng	This tincture can be administered at any time. A standard dose is 1 tsp 1x/day.
Tonifies Qi, Stabilizes the Exterior, Stops Sweating, Strengthens the Immune System.		

Free and Easy Plus

Jia Wei Xiao Yao San	Chai Hu, Bai Shao, Bai Zhu, Bo He, Dang Gui, Fu Ling, Mu Dan Pi, Zhi Zi, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
This is the classical, unmodified version of Jia Wei Xiao Yao San. Spreads Liver qi, strengthens the spleen, nourishes blood.		

Gan Mao

Gan Mao Ling plus Yin Qiao San	Ban Lan Gen, Gang Mei Gen, Jin Yin Hua, Lian Qiao, San Cha Ku, Ye Ju Hua, Huang Qin, Jie Geng, Niu Bang Zi, Bo He	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.
This is a combination of the two best wind-heat formulas: Yin Qiao San and Gan Mao Ling. Yin Qiao San releases wind-heat from the exterior while Gan Mao ling clears heat toxins from the qi level as well as utilizes the anti-viral properties of several herbs.		



Gastrorest

Huo Xiang Zheng Qi Tang	Huo xiang, Bai zhu, Hou po, Chen pi, Fu ling, Ban xia, Jie geng, Da Fu Pi, Zi su ye, Bai Bian Dou, Yi Yi Ren, Bai zhi, Sheng Jiang, Gan cao	This tincture can be administered at any time. A standard dose is 2 tsp PRN. In acute cases, dosage may be increased up to 3 tsp PRN.
This is the classical unmodified version of Huo Xiao Zheng Qi San.		

Grace & Ease

Jia Wei Xiao Yao San	Chai Hu, Bai Shao, Bai Zhu, Fu Ling, Dang Gui, Gan Cao, Mu Dan Pi, Zhi Zi, Dan Shen, Xiang Fu, Yi Mu Cao, Sheng Di Huang	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
Our modification of Jia Wei Xiao Yao San has added herbs to help spread Liver qi, move blood, and cool the blood.		

Harmonia

Tong Xie Yao Fang	Bai Shao, Bai Zhu, Chen Pi, Fang Feng, Fu Ling, Mu Xiang, Shan Zha, Shen Qu, Xiang Fu, Zhi Ke, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
This is a modified version of Tong Xie Yao Fang to release Liver qi, strengthen the spleen, expel dampness, and stop diarrhea.		

Heplene

Chai Hu Shu Gan San	Bai Shao, Chai Hu, Chen Pi, Chuan Xiong, Xiang Fu, Zhi Shi, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
This is the classic Chai Hu Shu Gan San that Spreads liver qi, promotes circulation, and relieves pain.		



LunaLux

Chai Hu Long Gu Mu Li Tang plus Suan Zao Ren Tang	Suan Zao Ren, Fu ling, Chuan Xiong, Zhi Mu, Chai hu, Ban xia, Long gu, Mu li, Dai Zhe Shi, Gui zhi, Huang qin, Da huang, Dang shen, Da Zao, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp nightly. In acute cases, dosage may be increased up to 3 tsp nightly.
A combination of Chai Hu Long Gu Mu Li Tang and Suan Zao Ren Tang. This formula Calms the spirit, harmonizes the shao yang, clears heat, nourishes the heart.		

No. 4

Si Jun Zi Tang	Dang Shen, Bai Zhu, Fu Ling, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
Unmodified Si Jun Zi Tang		

No. 6

Liu Wei Di Huang Wan	Shu Di Huang, Shan Yao, Shan Zhu Yu, Fu Ling, Mu Dan Pi, Ze Xie	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day.
Unmodified Liu Wei Di Huang Wan		

No. 8

Ba Zhen Tang	Dang Shen, Shu di huang, Bai Zhu, Fu ling, Bai Shao, Dang gui, Chuan xiong, Gan cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
Unmodified Ba Zhen Tang		

Pneuma

Gua Lou Zhi Shi Tang	Gua Lou, Chen Pi, Fu Ling, Huang Qin, Jie Geng, Sang Bai Pi, Zi Su Zi, Zhe Bei Mu, Zhi Shi, Zhi Zi, Mu Xiang, Sha Ren	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day
To Gua Lou Zhi Shi Tang we added Sang Bai Pi and Zi Su Zi to further help resolve wheezing and shortness of breath.		



Restore

Gui Pi Tang	Bai zhu, Dang shen, Fu Shen, Huang qi, Suan zao ren, Yuan zhi, Dang gui, Long yan rou, Mu xiang, Da zao, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
Much more than just Gui Pi Tang, this formula contains elements of Zhi Gan Cao Tang and Xiao Jian Zhong Tang to truly restore the vital energy of the spleen, stomach, heart and lungs.		

Sweat it out

Jing Fang Bai Du Ma Huang Jiu	Fang Feng, Jing Jie, Chai Hu, Du Huo, Fu Ling, Gui Zhi, Bai Shao, Jie Geng, Ma Huang, Qian Hu, Qiang Huo, Xing Ren, Zhi Ke, Bo He, Chuan Xiong, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 3x/day. Once acute symptoms are resolved this formula should be discontinued, or combined with an appropriate constitutional formula.

Tussis

Qing Qi Hua Tan Wan	Ban Xia, Yu Xing Cao, Dan Nan Xing, Gua Lou Ren, Xing Ren, Huang Qin, Fu Ling, Zhe Bei Mu, Chen Pi, Zhi Shi, Jie Geng, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 3 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
This is a modified version of the classic Qing Qi Hua Tan Wan. To improve its ability to resolve phlegm we added Yu Xing Cao.		

Vim Vita

Bu Zhong Yi Qi Tang	Huang qi, Dang shen, Bai zhu, Dang gui, Chai hu, Sheng ma, Chen pi, Da zao, Sheng jiang, Gan Cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
An unmodified Bu Zhong Yi Qi Tang.		



Xanthii

Cang Er Zi San	Cang er zi, Bai zhi, Xin yi hua, Bo he	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
An unmodified Cang Er Zi San		

Zizyphus

Suan Zao Ren Tang	Suan zao ren, Chuan xiong, Fu ling, Zhi mu, Gan cao	This tincture can be administered at any time. A standard dose is 1 tsp 2x/day. In acute cases, dosage may be increased up to 2 tsp 2x/day. In chronic cases, the dose may be reduced to 1 tsp 1x/day.
This is the classical, unmodified version of Suan Zao Ren Tang		